

Hafa Adai!

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'We must keep our guard up'

By JUSTINE NAUTA

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REPORTER

The Commonwealth Health-care Corp. received additional medical supplies last April 24, via an Asiana Airlines charter flight from South Korea that will help expand the CNMI's capacity to do mass testing for COVID-19.

The additional cargo includes 15,000 test kits, additional personal protective equipment for first responders and medical workers, and additional polymerase chain reaction testing equipment that will validate COVID-19 testing.

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Still payless Friday at PSS but 30% 'owed' salary is released

By KIMBERLY A. BAUTISTA

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REPORTER

The Public School System was able to pay off the 30% it owed teachers and staff from two payrolls ago but no salaries came in last Friday.

During an emergency Board of Education meeting last Wednesday, board chair Janice Tenorio said she was able

See **PAYLESS** on **Page 4**

AT A GLANCE

As of 6pm, April 26, 2020**

GUAM	OLD	NEW	TOTAL
Positive	138	3	141
Recovered	126	2	128
Active	7	3	8
Deaths	6*	0	6*

SAIPAN	OLD	NEW	TOTAL
Positive	14	0	14
Recovered	11	0	11
Active	1	0	1
Deaths	2	0	2

*Total includes a sailor from the USS Theodore Roosevelt

**Guam has three new confirmed positive COVID-19; Saipan has no new cases.

Source: Joint Information Center - Guam, Commonwealth Health Care Corp.

Trump's immigration ban will not affect CWs

By IVA MAURIN

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REPORTER

U.S. President Donald J. Trump's recent immigration ban—a 60-day hold on green cards he ordered in the name of protecting American jobs amid the coronavirus outbreak—will not impact workers in the CNMI.

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A 40-bed temporary hospital that was being built at the Commonwealth Health Center's old upper parking lot, called the Medical Care and Treatment Site, is now ready for use. It will be occupied by COVID-19 patients for observation and treatment in case there is a spike in the number of COVID-19 cases on the islands. The CNMI government hopes that this installation will not become necessary.

KRIZEL TUAZON



ADDITIONAL MANPOWER

Col. Elizabeth Tugus, senior nurse with the 1984th U.S. Army Medical Hospital, poses for a photo with Federal Emergency Management Agency's Incident Management Assistance Team external affairs officer Todd Hoose. Tugus and her six-person team arrived on Saipan in support of the CNMI's COVID-19 response through coordination with FEMA and Task Force-West.

U.S. NAVY/BRAD RUSZALA

Global death toll from coronavirus surpasses 200,000

By SARA BURNETT and KATE BRUMBACK
ASSOCIATED PRESS

ATLANTA (AP)—As the global death toll

from the coronavirus surpassed 200,000 on Saturday, countries took cautious steps toward easing some lockdowns, while fears

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INSIDE



BUSINESS

Small business owner Reynaldo Faustino has reopened Bitoy's BBQ and Bistro Marianas.

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NATION

What President Donald Trump says and does often flies in the face of mainstream science.

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LIFE & STYLE

Chris Evans' latest TV project had a nice lure—he was able to stay close to his home.

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Local

On COVID-19 testing: 'Be patient with the process'

By IVA MAURIN
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REPORTER

With test kits now on island, and a strategy to expand COVID-19 testing to the community being developed, Gov. Ralph DLG Torres is asking for just one thing from everyone: please be patient.

The governor said that the COVID-19 Task Force, with

Commonwealth Healthcare Corp. chief executive officer Esther Muna, has been aggressive in trying to find ways to conduct the testing, stressing that "ultimately, that's always been our goal...to do community-based surveillance testing."

Torres said in an interview that they have reached out to the Kagman Community Health Clinic, and has been

working, too, with the mayors of Rota and Tinian, on how to best approach both communities.

"We're just asking the community to be patient on the process, and be patient on how we conduct this test, taking samples of the specimens. I hope that we can get through this soon, and as seamless[ly] as possible," he added.

CHCC clarified over the weekend that, for now, the request for testing is being prioritized for first-responders who are providing care for COVID-19 patients, as well as for Commonwealth Health Center employees providing direct patient care. Only community members who have an identified level of risk are currently being tested for COVID-19.

Torres added that more COVID-19 supplies are coming in, and thanked all federal partners, such as the Federal Emergency Management Agency and the U.S. Department of Defense, for the assistance.

"We hope we never get to use these supplies. I hope we never get to use the ventilators. But for the number of ventilators that have arrived, and that are in the works, we're in definitely a better position than we were yesterday," he added.

The task force, according to the governor, wants to continue to bring in more supplies and equipment.

"If you look at what's going on across the world, and our side of Asia, they're going through a second wave of pandemic. That is a great concern for all of us, especially out here on the islands," he said. "We have good folks that are working on the ground. There's good people, people that really take care and do care about our island. ...First responders, nurses, and doctors, we're doing all we can to provide safety to our community."

A DAY AFTER JUDGE FINDS IPI IN CIVIL CONTEMPT IPI terminates 2 lawyers, law firm

By FERDIE DE LA TORRE
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REPORTER

A day after the federal court found Imperial Pacific International (CNMI) LLC in civil contempt for violating the court's two orders regarding discovery in connection with a lawsuit against IPI and two others by seven former workers, IPI terminated their two lawyers—Sean E. Frink and Catherine J. Cachero.

Following this development, Frink, Cachero and their Marianas Legal Strategy Group LLC law firm have asked the U.S. District Court for the NMI to withdraw as counsel for IPI.

On the same day, April 17, IPI sought to substitute Michael W. Dotts and his law office as its new counsel in this case.

Dotts, Frink, and Cachero filed last Friday joint motions to withdraw as counsel and to substitute as counsel. IPI representative Tao Xing approved the motions. They said IPI has been given enough time to find



Frink



Dotts

at issue.

In his declaration, Dotts said he is aware that Frink was discharged as counsel by IPI in this case and that subsequent to that happening he agreed to substitute into this matter.

Dotts said he is aware of the discovery deadlines in this case.

In fact, Dotts said, he has met the April 20, 2020, discovery deadline by transmitting the first set of scanned Bates-stamped paper production to the plaintiffs' counsel in this case last Friday, April 24. Dotts said he is currently working to meet the April 30, 2020, discovery deadline by transmitting the first set of data already processed by Litigation Edge and data from eight phones.

He said plaintiffs' counsel requested that he confer with

them by phone last Friday over discovery and his substitution and that he agreed. Dotts said plaintiffs' counsel then cancelled the phone conference.

Dotts said he remains willing to work with plaintiffs' counsel to get this case on track. "There is a possibility that IPI will need additional time to comply with the production of deadlines, but my substitution will not be the cause of the need for additional time," he said.

Dotts said he has sufficient resources and ability to "zealously represent the interests of IPI in this action."

Last April 16, Manglona granted the former workers' motion to sanction IPI. Manglona informed the parties in this case that if IPI fails to comply with the deadlines ordered that day, April 16, a monetary sanction of \$2,000 a day will be imposed until IPI complies. The judge ordered IPI to file a certification

See IPI on Page 4

Gas predicted to hit \$3 mark

By KIMBERLY A. BAUTISTA
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REPORTER

Gas prices continue to drop and, according to various media outlets worldwide, we are far from the end.

Gas prices continue to plunge worldwide, with dozens of states selling gas below \$1. In the CNMI, we are just 8 cents away from paying \$3 per gallon of Regular or Extra fuel.

Various news articles say that this is not yet the end of the decline in gas prices since the world isn't even near the light at the end of the tunnel which is the end of the COVID-19 pandemic.

Last Friday, Mobil Oil Marianas Islands, Inc. reduced its gas prices by 10 cents, just a week since its last rollback, dropping its fuel prices from

\$3.18 per gallon of Extra fuel to \$3.08, while its Supreme fuel price dropped from \$3.63 a gallon to \$3.53 a gallon. Mobil's diesel also dropped by 15 cents from \$3.76 per gallon to \$3.61.

Shell Marianas followed suit, dropping fuel prices the following morning, Saturday.

Local motorist Grace Veleña is happy about the continuous price drop since she, like many others, continue to go to work despite the pandemic. Gas prices continuing to drop is a positive thing for her, and many others in the community. "It doesn't seem like much, but everything counts when we're in a crisis. Lowering gas prices, for me, also lowers my expenses for the week and that's already a big help," she said.

Summit mapping NMI response to: 'Where do we go from here'

By IVA MAURIN
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REPORTER

With the CNMI Fiscal Response Summit culminating tomorrow, it is hoped that the planned policies that will stem from it—with all three branches of government uniting with the private sector—can correct the direction of the Commonwealth's finances.

According to Gov. Ralph DLG Torres, the leaders in the summit will be doing the "necessary but difficult" decision to do this.

"It's been a long last couple of months for us, and I know it's been hard for everyone. This virus has taken a toll on our islands, both physically with our health, economically with our budget shortfall, and emotionally with our lives," he said. "I will continue to work with everyone from all three branches of government, majority and minority, public and private sectors on solutions and to ensure that federal assistance gets to our people as soon as possible."

The summit's ultimate goal is

to have a plan for the next three years that would address issues like revenue shortfalls, bloated government, utility costs, public health, retirees, medical referrals, among others.

Torres, as an example, stated that they are pushing to put more employees on federally-funded programs, adding that unless it's for an urgent matter, or an essential position, no hiring will be made using local funds, and that such practice should be across the board.

"We need to have this holistic approach and have a strong

ultimate plan for the next two to three years. ...I'm hopeful that at the end of this economic summit, both sides would come into a fruitful discussion on what we all need to be part of," he said. "We're here to address where we are today, where we're at before, but more importantly, where do we go from here?"

Tomorrow afternoon, April 28, the plenary session will reconvene at 1:30pm to hear the consolidated results of the summit working groups, as well as closing remarks from the principals.

they can still keep the project going and help other families. "We need more grassroots approaches especially now with families who have lost their jobs," she added.

Kabua-Demapan would like to thank volunteers and individuals that have reached out to help her with donations. "It is great to see people helping each other," she said.

To make a donation to Project Guaiya, contact Kabua-Demapan at 287-3362. (Chevy Alipio)

MCS students wins Achieve3000 contest

Mount Carmel School was recently notified that its first-grade students won the Read to Succeed 2 Contest hosted by Achieve3000. In addition, other grade levels at MCS were also recognized as high achieving. Students in grades four, five, six, and seven have completed 16,330 activities, which is an equivalent to 75% of completed online activities this school year.

Achieve3000 is one of MCS' endorsed academic programs to aid student achievement and excellence. The Read to Succeed 2 Contest was announced by Achieve3000 in late February and ran between March 2 and April 3, 2020. The contest challenged students to complete at least 10 multiple-choice assessment activities online based on books assigned for them to read between March 2, 2020, to April 3, 2020. To qualify as a winning class, five or more students needed to have the most points on average, per student, in each registered school.

"In the beginning, most

of my students struggled using the program," said MCS first-grade teacher Thelma Farley. "However, once they understood the program, they were able to grasp what the program is all about and utilize the tool to help them improve and increase their lexile reading level."

"I believe what also motivated the students to work hard was their ability to see their own growth, which led them to dedicate themselves to reading more using the program," she added.

School president Dr. Galvin Deleon Guerrero said, "I commend Ms. Farley and her students on this major accomplishment. To see our students recognized for their hard work through rigorous programs like Achieve3000 means that not only are they at their expected reading levels, but they exceed the expected reading levels at their age."

"We are certainly blessed to have amazing teachers like Ms. Farley to push our students to grow, learn, and succeed," he added. (PR)

Grassroots project aims to distribute hygiene supplies

With many CNMI residents furloughed or working with reduced hours due to COVID-19, a grassroots initiative called Project Guaiya is seeking to help those who may not have essential items that are needed in the fight against the pandemic.

That means badly needed cleaning and hygiene care items like laundry detergent, hand soap, bleach, toothbrushes, and masks.

According to Taann Kabua-Demapan, who is behind Project Guaiya, they are planning to put together small care packages for families, with the help of volunteers, and will distribute them next Saturday.

"We are also looking to get some puzzles and coloring books for the kids as well," she said.

Their target is to hand out the items to about 70 to 80 families. They are hoping more dona-

tions would come in to help more who are in dire need with these kinds of essentials.

"One thing that drove me to want to do this is I wanted to ensure that everybody has an opportunity not just to stay healthy or take care of their daily needs, but to prevent COVID-19 from getting into their homes," Kabua-Demapan said.

After this initial phase of distribution, she hopes that

'More aid for small business, hospital, COVID-19 testing'


WASHINGTON, D.C.—Members of the U.S. House of Representatives returned to the capitol Friday to pass another spending bill responding to the economic and health impacts of the coronavirus. The Paycheck Protection Program and Health Care Enhancement Act now goes to the White House for the President's signature. Delegate Gregorio Kilili C. Sablan (Ind-MP) said the popular Payroll Protection Program that allows small businesses and non-profits to keep paying staff was replenished with \$310 billion. An initial \$349 billion for the PPP in last month's Coronavirus Aid, Relief, and Economic Security, or "CARES," Act was completely used by April 16.

"[A total of] 56 applicants in the Marianas were awarded loans worth \$12.6 million in the first round, but other Marianas applicants were turned away because funds were exhausted," Sablan said. "Now there is a second chance, but act quickly."

Three lenders in the Marianas are participating in the program—Bank of Hawaii, Bank of Guam, and First Hawaiian Bank—according to the U.S. Small Business Administration. Businesses that receive the 1% loans must repay them within two years. The loans will be


Nearly 500 billion more in coronavirus rescue aid

The bipartisan measure passed as lawmakers gathered in Washington as a group for the first time since March 27. Here are highlights of the package.




\$321 billion

- For the Paycheck Protection Program, which offers forgivable loans to small businesses that keep workers on the payroll during the economic shutdown caused by the pandemic.




\$75 billion

- Set aside in emergency relief for hospitals.



\$25 billion

- To ramp up coronavirus testing and contact tracing.



\$60 billion

- To be lent by smaller banking institutions, such as credit unions, in an attempt to increase the number of loans going to very small businesses or businesses without an existing relationship with a bank. That includes female- and minority-owned businesses that complained they were shut out of the initial round of funding.

Source: AP, Los Angeles Times
Graphic: Staff, TNS

completely forgiven, however, if an employer uses the money to keep or quickly rehire employees at their current wage. Up to 25% of the loans may also be used for rent, utilities, and other business costs.

Sablan said he would be posting the PPP borrower application form at his office website, <http://sablan.house>.

gov, and on his social media pages. "This will allow potential borrowers to see exactly what information will be requested when they go to the bank to apply for a Paycheck Protection Program loan."

Several weeks ago, Republicans and the Trump administration proposed adding \$250 billion to the popular program,

but Democrats held out for an additional \$60 billion for emergency business grants and loans and for a set-aside of \$60 billion for lenders serving smaller communities.

"That could improve the odds for Marianas businesses and non-profits," Sablan said.

In the first round of the Paycheck Protection Program, 508 organizations on Guam were able to borrow \$102.4 million. In Hawaii 11,553 businesses and non-profits borrowed over \$2 billion.

Help for health care

The bill the House passed Friday also added \$100 billion for health care to the original Republican proposal. Democrats secured \$75 billion to get Personal Protective Equipment and other resources to front-line health care workers, hospitals, and community health centers.

Democrats also added \$25 billion for testing, which experts say is the key to reopening the economy. And Democrats got Trump administration negotiators to agree to a national strategic testing policy that will focus on increasing testing capacity, including testing supplies, nationwide. Twenty-one days after enactment of Friday's bill, the administration will be

required to report on coronavirus testing with data on demographic characteristics including race, ethnicity and geographic regions. The report will also include numbers and rates of cases, hospitalizations, and deaths as a result of the virus.

"The key to reopening the economy and helping us all feel safe again is testing," said Sablan. "South Korea, Taiwan, and Germany have shown that widespread testing can give confidence that the disease is receding and can alert health officials when the disease recurs."

House leaders are also

looking ahead to the next coronavirus relief legislation, what is being called CARES II. They had wanted to include more direct funding to state and territorial governments, but the Trump administration refused. The President has ac-

knowledgeed the need, however, and agreed to consider this critical priority in CARES II.

"We need to make sure that state and territory governments have enough money to pay doctors and nurses, police, fire, teachers, and other vital workers and meet other critical obligations, like retirees," Sablan said. (PR)

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Strong rip currents seen, small craft advisory out

The public is being warned that there is a high risk of rip currents along east facing reefs on Saipan, Tinian, and Rota through Tuesday.

Also, a small craft advisory is in effect until 6am today, Monday.

Based on the information received from the National Weather Service

in Tiyan, Guam, and compiled at the CNMI Emergency Operations Center State Warning Point, a trade-wind swell and wind waves are expected to

produce surf up to 9 feet along east facing reefs the next couple of days. This surf will result in a high risk of rip currents through at least Tuesday along east facing shores.

East winds of 15 to 25 knots and combined seas of 7 to 9 feet will produce hazardous conditions for operators of small craft.

Strong rip currents will be life-threatening along east facing reefs. If

you become caught in a rip current, stay afloat while waiting for help. If you have to swim out of a rip current, swim parallel to shore and back toward the beach when possible. Do not attempt to swim directly against a rip current as you will tire quickly.

Inexperienced mariners, especially those operating smaller vessels, should avoid sailing in these conditions. **(PR)**

Two Tinian beaches red-flagged

The Bureau of Environmental and Coastal Quality has raised the red flag on two beaches on Tinian—the Unai Masalok and Leprosarium I—and advises the public not to fish or swim within 300 feet of these locations for the next 48 hours or until otherwise notified.

BECQ said that samples collected from these locations contained excessive concentrations of fecal indicator bacteria (enterococci) that exceeded the CNMI Marine Water Quality Standards. These bacteria can indicate the presence of human and animal waste in the water.

“However, studies have shown that storm water runoff in tropical envi-

ronments may also contain these bacteria from the natural environment, which may not be directly associated with public health concerns,” BECQ said in a statement. “[However], in order to adequately address public health concerns, BECQ has given [these] locations a red flag.”

BECQ analyzed water samples collected from 10 locations on Tinian’s recreational beaches this week.

Meanwhile, BECQ also analyzed water samples collected from Saipan’s recreational western beaches and storm drainages as part of a regularly scheduled sampling program and none of the samples collected from Saipan’s west beaches contained excessive concentration of fecal indicator bacteria nor did

they exceed the CNMI Marine Water Quality Standards and are therefore assigned a green flag.

BECQ analyzed samples of marine recreational and storm drainage water from 36 locations on the west side of Saipan this week.

BECQ welcomes all inquiries as to the quality of the beach water. The public is encouraged to contact BECQ at 286-1054 with any questions. Marine Water Quality Reports are also provided at www.deq.gov.mp/sec.asp?secID=52. Interested individuals and organizations can also receive email notifications of the weekly marine water quality reports. To do so, send an email to waterqualityreport@becq.gov.mp. **(Saipan Tribune)**

TRUMP

From Page 1

According to Alex Sablan, president of the Northern Marianas Business Alliance, their group has been assured that the President’s executive order will not impact guest worker programs, to include the Commonwealth’s CW-1 guest worker visa program.

Trump signed the executive order last Thursday, temporarily suspending, for 60 days the entry of im-

migrants into the United States, in particular those who are outside the country, and who do not have a valid immigrant visa, nor an official travel document that would permit the individual to travel to the U.S.

Delegate Gregorio Kilili C. Sablan (Ind-MP) explained that the “pause” is for State Department Green Card awardees who are currently overseas. It is for individuals who would be coming into the United States via the State Department immigrant program.

“This covers those awarded per-

manent residence under the diversity lottery, employment green cards, and family green cards. They do not cover nonimmigrants who are already in the country under work visas,” the delegate added.

Further, the immigration suspension does not apply to U.S. lawful permanent residents; spouses and children (under 21) of U.S. citizens; those entering the U.S. pursuant to the EB-5 Immigrant Investor Program; or any member of the U.S. Armed Forces, and their spouses and children.

GLOBAL

From Page 1

of infection made even some pandemic-wounded businesses reluctant to reopen.

The states of Georgia, Oklahoma and Alaska started loosening restrictions on businesses despite warnings from experts that such steps might be coming too soon. Some owners said they weren’t yet ready to reopen or were doing so only on a limited basis, worried about a second surge of COVID-19 infections.

“We’ve sacrificed so much already,” said Shawn Gingrich, CEO

and founder of Lion’s Den Fitness, who decided after the Georgia governor’s announcement that he would not be reopening his Atlanta gym right away. “I feel like if we do this too soon, we’ll see a spike in cases and we’re back to square one.”

The worldwide death toll topped 200,000, according to a tally compiled by John Hopkins University from government figures. The actual death toll is believed to be far higher.

In India, easing restrictions meant reopening neighborhood stores that many of the country’s 1.3 billion people rely on for everything from cold drinks to mobile phone data cards. But the loosening didn’t ap-

ply to hundreds of quarantined towns and other places hit hardest by the outbreak that has killed at least 775 people in the country and terrified its multitudes of poor who live in slum conditions too crowded for social distancing.

Shopping malls also stayed closed nationwide. Still, for families that run small stores, being able to earn again brought relief.

“This is a good decision,” said Amit Sharma, an architect. “We have to open a few things and let the economy start moving. The poor people should have some source of income. This virus is going to be a long-term problem.”

PAYLESS

From Page 1

to secure \$500,000 to pay off teachers after a meeting with Gov. Ralph DLG Torres last Tuesday.

Kimo Rosario, PSS acting director of Finance, confirmed that PSS received the funds in their account last Wednesday and used the money to pay PSS personnel the 30% that they were owed from a couple of payrolls ago, when PSS only paid its employees 70% of their wages.

A couple of PSS teachers confirmed that they received the payment last Friday in their bank accounts.

However, PSS staff are still owed two whole payrolls before furlough notices were sent out last April 13 that took effect last April 15.

According to a PSS employee who requested that her name be withheld, she said her finances are already shaky to begin with, so this situation

is only making her situation worse. “I don’t get paid much with what I do at PSS, not like teachers, I would assume. I live paycheck to paycheck. I don’t have savings,” she said.

She added that she hasn’t been able to sleep well, thinking of how she’s going to pay her bills or even how she’s going to eat on a day-to-day basis.

“I’m stressed out, but I know we can’t do anything if there is no money being allocated to PSS. I’m putting my faith in God and I hope the federal aid will come sooner rather than later. It would be a huge weight lifted off my shoulders,” she said.

Education Commissioner Dr. Alfred Ada said PSS is depending on the loan they have applied for with the Marianas Public Land Trust to pay off the two missed personnel payrolls. That amount is equivalent to \$1.8 million.

BOE members were also set to meet with Torres last Friday to request for financial assistance so they could pay teachers and staff. In turn,

they would re-visit the lawsuit that PSS initiated against the CNMI government. That lawsuit—an injunction to force the central government to pay it its constitutionally guaranteed share of the annual budget—is set to be heard in June.

Last Wednesday, BOE members came to a unanimous decision to approve the board resolution needed to process PSS’ application for a loan with MPLT. The resolution authorizes Ada to apply for loan of up to \$5 million from MPLT and assures MPLT that the loan will be paid off five business days after PSS receives in its account the over \$12.6 million it expects to get from the CARES Act.

BOE member Marylou Ada was the one who suggested the meeting with Torres and the entire board last Friday to negotiate a way to pay teachers and staff. BOE has set a regular board meeting this Wednesday to discuss how the meeting went and to revisit the injunction.

GUARD

From Page 1

As of April 25, the CNMI now has 70 additional ventilators, medical equipment such as thousands of PPEs that includes 48,900 masks, 217,000 gloves, 12,725 isolation gowns, face shields and hazmat suits, and more on the way for doctors, nurses, and first responders, according to Gov. Ralph DLG Torres in a statement.

“We hope that in a coming day, or weeks, that we can implement our mass testing [to] instill some peace and make the community feel safe,” said Patrick Guerrero, the Governor’s Authorized Representative, in a Facebook livestream video that announced the arrival of the new medical equipment.

Guerrero said that this charter flight was the CNMI’s fifth such flight. He assured that CHCC and the Governor’s COVID-19 Task Force will continue to “bring in what we need in order to combat the spread of the coronavirus.”

Warren Villagomez, the COVID-19 Task Force chairman, said the polymerase chain reaction testing equipment, or PCR, will help their efforts to do community-based testing. “That would make sure that the test kits that are being used out in the community will get back to the lab and are validated for testing,” he said, adding that the mass testing will begin “in a day or two.”

Additionally, press secretary Kevin Bautista said that the first wave of front-line and medical workers have been tested and will continue to get tested.

Torres himself assured that the CNMI will continue to be aggressive in its efforts to keep coronavirus transmission down. “This pandemic is filled with unknowns, but what is known is the aggressive response efforts we are taking to flatten the curve more than the rest of the world,” he said. “As CHCC and our team continue to strategize mass testing for our community, we must keep our guard up until we defeat this disease.”

Villagomez praised everyone involved in the effort to prevent the spread of COVID-19 in the CNMI and thanked the Commonwealth

Ports Authority for allowing the task force to use the Francisco C. Ada/Saipan International Airport as the main drop-off point for all equipment that’s being brought in for CHCC.

“Please continue to practice good hygiene, social distancing, and stay strong Marianas,” said Guerrero.

“Let’s continue to support our brave doctors and nurses, health care workers, first responders, their families, local and federal government employees, and private sector partners by staying home as much as you can,” said Torres.

The World Health Organization-Western Pacific Region, Pacific Island Health Officers Association also sent more PPEs and medical supplies for CHC’s health care workers and the CNMI’s front-line workers.

Also, the 40-bed Medical Care and Treatment Facility at CHCC’s upper level parking lot, will be opened today while the Alternate Care Site at Kanoa Resort in Susupe is expected to be operational by mid-May.

To date, the CNMI has 14 confirmed positive COVID-19 cases, with one active case, 11 recoveries, and two deaths. According to CHCC’s official website, there has been 247 individuals released from quarantine.

COVID-19 in Guam

The Guam Department of Public Health and Social Services tested 37 individuals last April 23; 37 tested negative and zero tested positive. On the same day, one additional case was diagnosed by the U.S Naval Hospital Guam.

On April 24, one additional case tested positive for COVID-19 through the Diagnostic Laboratory Services and one tested positive through DPHSS.

These raise Guam’s overall count of COVID-19 cases to 141, with 128 recoveries and five deaths.

According to the Joint Information Center in Guam, one individual was diagnosed as a probable case. Although the individual tested negative, they have imaging findings that are consistent with COVID-19, display of typical COVID-19 symptoms, have epidemiological links to previously confirmed cases, and are being treated as a COVID-19 case.

IPI

From Page 2

of compliance to avoid sanctions. Manglona granted the plaintiffs’ attorney’s fees and costs for the motion for sanctions. The plaintiffs were ordered to submit evidence of hours expended. Manglona will issue a separate decision and order on plaintiffs’ motion for attorney’s fees and costs.

The plaintiffs—Tianming Wang, Dong Han, Yongjun Meng, Liangcai Sun, Youli Wang, Quingchun Xu, and Xiyang Du—are suing IPI and its

contractor MCC International Saipan Ltd. Co. and subcontractor Gold Mantis Construction (CNMI) LLC over the alleged injuries they suffered during accidents at the worksite of IPI’s casino/resort project in Gapan. The plaintiffs are now based in China and are represented by Bruce Berline and Aaron Halegua.

IPI, which is also represented in this case by IPI counsel Kelley Marie Butcher, concedes that IPI may have missed some discovery deadlines, but said that its doing so is not due to willfulness, bad faith, or the fault of IPI.

Recycling center, owner file counterclaims vs IPI

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

A recycling company in Tanapag and its owner and an employee have filed counterclaims against Imperial Pacific International (CNMI) LLC for allegedly falsely accusing them of conspiring to steal and sell construction materials from IPI’s warehouses.

FSM Recycling Corp. and its owner, Jae Yoon Cha, and the company’s employee, Eric Cruz, filed counterclaims against IPI for invasion of privacy/false light, and abuse of process.

In addition, FSMRC, Cha, and Cruz, through counsel Robert T. Torres, are suing IPI for business disparagement.

FSMRC, Cha, and Cruz also filed a crossclaim for defamation against former IPI employee Ricky Reyes and 15 unnamed persons. Reyes allegedly prepared a handwritten statement in early 2020 that he and another man would cut about 10 feet of copper wire from spools owned by IPI and sell the wire to Cha at FSM Recycling. Reyes’ statement is attached as exhibit to IPI’s lawsuit against FSMRC, Cha, and Cruz. All three asked the Superior Court to deny IPI’s claim and requests for relief and instead hold it liable to pay them damages in an amount to be proven at trial, plus attorney’s fees and costs.

As to crossclaim, FSMRC asked the court to grant its crossclaim for defamation and hold Reyes liable to pay the company damages. FSMRC also asked the court to require Reyes to make a public retraction of the “false and defamatory” statements and refer him to the Office of the Attorney General for criminal prosecution.

Torres stated in the counterclaims that, as required by CNMI law and regulations that are enforced by the Department of Commerce, FSMRC maintains records of its purchases and, with regard to materials offered for sale that are made or combined with copper, the company follows a procedure to document each purchase. The lawyer said FSMRC reports all copper purchases to the Department of Commerce on government-required forms and that FSMRC has never been accused of a single violation.

Torres said FSMRC has never accepted copper for purchase from IPI or its personnel, copper from the IPI hotel project, or any other IPI-related projects. “FSMRC, Mr. Cha, and Mr. Cruz have painstakingly built their business and take pride in their company and its ability to build and maintain customer

relationships based on trust,” Torres said.

The lawyer said that certain persons claiming to be IPI employees arrived at FSMRC’s yard last March 18, and requested permission to examine materials in storage and inspect the lot. He said these persons stated that certain materials had been stolen from IPI and they wanted to look for them on FSMRC premises. Because Cha was off-island, the request was denied either by Cruz or Cha’s daughter, who is the cashier/administrative assistant, Torres said.

Starting on March 19, FSMRC employees reported drones flying over the premises and being followed by persons unknown to them, Torres said, adding that vehicles unknown to FSMRC, its employees and principals would park outside their Tanapag office during the day to follow FSMRC employees, Cha’s family members, and FSMRC customers. Torres said the drones and persons were employees or agents of IPI doing surveillance. Torres said these intrusive and unlawful actions continued until FSMRC hired a lawyer, at which point the harassment and privacy invasions ceased.

The lawyer said that when Cha returned to Saipan last March 20, a man arrived outside FSMRC’s office and asked for an appointment with the owner. Torres said the man spoke with Cruz and claimed he had a lot of experience in the recycling business and wanted to see his boss to make a deal about scrap metal.

Torres said the man, who

when admitted into Cha’s office, identified himself as lawyer Robert O’Connor. He said O’Connor disclosed that he had not come as a purchaser, but on behalf of IPI regarding copper wire. Torres said O’Connor stated to Cha that IPI had lost some items and asked permission to look for them inside FSMRC’s lot. Torres said O’Connor accused FSMRC with purchasing copper wire and other copper fixtures from persons who had stolen them from IPI. The lawyer said O’Connor stated that he was not there to do harm, but wanted the items returned. Torres said O’Connor made clear, however, that if FSMRC did not return the copper wire and allow him to inspect the containers and the premises, they were “going to take this the hard way.”

O’Connor allegedly stated that an IPI employee reported that FSMRC had purchased copper wire from persons who had stolen it from IPI.

Torres said Cha denied this with O’Connor. Cha asked O’Connor to provide him a

list of items, a bill of lading for the items and some pictures of the stolen goods to determine if he could identify or locate which items O’Connor were referring to. A bill of lading is a document issued by a carrier to acknowledge receipt of cargo for shipment.

Torres said O’Connor stated he had documents and then asked if he could return to inspect the lot. Cha agreed to an inspection if O’Connor returned the following Monday, March 23, with the documents and brought a police officer. Cha offered to meet that following Monday when his attorney could be present.

After O’Connor left, Cha left with John “Pan” Guerrero for a pre-arranged meeting at the Guerrero family compound to purchase some plants for a house that Cha was building in Kagman, Torres said. Torres said persons unknown to Cha then proceeded to follow him and Guerrero from the FSMRC premises and took pictures of him along the way and the vehicle he was using. Torres said

these persons followed Cha and Guerrero into Guerrero’s family compound. The lawyer said one of the persons following Cha attempted to gain access to the compound and examine Cha’s vehicle.


He said Guerrero confronted the person, who was an IPI employee. The person told Guerrero he was interested in examining a motorcycle for sale. “There was no motorcycle for sale,” Torres said, adding that Guerrero told the intruders to leave.

The following Monday, March 23, Cha waited for


O’Connor to arrive, but the lawyer neither showed up nor bothered to call him. Torres said it was around last March 27 that Cha saw an article in *Saipan Tribune* about IPI’s lawsuit, accusing FSMRC, Cha, and Cruz of conspiring to commit theft. O’Connor filed the suit as counsel for IPI.

“These unsupported, unprivileged, and false accusations concerning FSMRC and its services denigrate its business, belittle its product, and were made recklessly, with malice and with reckless disregard for the truth,” Torres said.

IPI is suing FSMRC, Cha, Cruz, Reyes, and 15 unnamed co-defendants, for conversion.



COMMONWEALTH CASINO COMMISSION
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AGENDA

Pursuant to the Open Government Act, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios, through the Commonwealth Casino Commission (“Commission”), hereby give notice that the Commission has rescheduled its regular monthly meeting from Wednesday, April 29, 2020 to Thursday, April 30, 2020 at 10:00 a.m. However, pursuant to Governor Torres’ Executive Orders No. 2020-004 and No. 2020-006, the Commission meeting will be conducted via video conference. The following Agenda will be discussed:

I. PRELIMINARIES:

- A. Call to Order
- B. Roll Call
- C. Adoption of Agenda
- D. Adoption of Minutes: February 27, 2020

II. REPORTS:

- A. Report by the Chairman
- B. Report by the Executive Director

III. PUBLIC COMMENTS

IV. MISCELLANEOUS MATTERS:

- A. Casino Licensee -- Imperial Pacific International (CNMI), LLC (“IPI”) -- Updates:
 - 1. Imperial Pacific Resort & Hotel (“IPR”):
 - a) Update on IPR’s Construction Project
 - 2. IPI Personnel:
 - a) Resident Employment Objectives
 - b) Casino License Agreement – Annual Plan
 - c) Update on the reduction in employee and management hours
 - d) Status of Employee Payroll
 - 3. Responsible Gaming Program
 - 4. Compliance Committee Report
 - 5. IPI Financial Matters
- B. Other Miscellaneous Matters.

V. OLD BUSINESS:

- A. Update on House Bill No. 21-11, HS1, SD3
- B. Other Old Business Matters

VI. NEW BUSINESS:

- A. **Proposed Denial of Application** for a non-gaming Casino Vendor License – Incomplete Application. **ATTA Illumination Technology Project Industry, Ltd.** Supplier of decorative panels, lightings, crystal fountains, and clear crystals. Provisional License expired on March 23, 2020.
- B. Election and designation of an Interim Chairman and Secretary for the Commonwealth Casino Commission.
- C. Other New Business Matters.

VII. EXECUTIVE SESSION:

- A. Report by Legal Counsel
- B. Report by the CCC Audit and Compliance Division

VIII. ADJOURNMENT

The Commission reserves the right to amend this agenda and take action on the amended agenda pursuant to 1 CMC §9910 (b). Pursuant to 1 CMC §9912 (a)(7) and 1 CMC §9912 (c), the Commission may vote to meet in Executive Session. In addition, the Commission may extend its official meeting for another day or more, if necessary. For those interested in joining or attending the video conference, please contact the Commission at info@cnmicasinocommission.com for instructions on how to log-in to the conference site.

/s/ Juan M. Sablan
Chairman



PROCUREMENT AND SUPPLY
COMMONWEALTH HEALTHCARE CORPORATION
REQUEST FOR PROPOSAL (RFP)
ITB20-CHCC/CGC-DCMP-002
SUBMISSION DEADLINE: APRIL 28, 2020 TIME:10:00AM
“LEASE OF VEHICLES”
INTERESTED PARTIES CAN DOWNLOAD THIS REQUEST FOR PROPOSAL (RFP) FROM THE CHCC WEBSITE [WWW.CHCC.GOV.MP]. ONCE AT THE SITE, NAVIGATE TO **REQUEST FOR PROPOSALS** TAB ON THE LEFT NAVIGATION BAR. CLICK ON THE URL FOR THIS RFP. YOU WILL BE REQUIRED TO ENTER DATA TO ALLOW US TO TRACK ALL REQUESTS FOR THIS OPPORTUNITY.
THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSAL AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.
/S/ ESTHER L. MUNA
CHCC CHIEF EXECUTIVE OFFICER
/S/ CORAZON P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY





Board of Trustees
Commonwealth Healthcare Corporation
Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road Navy Hill, Saipan, MP 96950
Pursuant to 1 CMC § 9910, the Commonwealth Healthcare Corporation hereby gives notice that a meeting of the Board of Trustees will be held on Thursday, April 30, 2020 at 12:00 pm, via Zoom.
AGENDA

I. Call to Order

II. Determination of Quorum

III. Approval of Agenda

IV. Credential Privileges

New Applicants:

1. Dr. Keri Allen

2. Dr. Mark Robertson

3. Dr. Guruprasad Mahadevaiah

4. Dr. Oleg Odin


5. Dr. M Ohn Maung

6. Kevin Williams, Nurse Practitioner


V. Adjournment

If any of the public are interested in attending by Zoom, please email the Board Liaison at trinidad.diaz@dph.gov.mp. She will provide you with Zoom link prior to the meeting. Your must have access to a computer to participate.





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ATTORNEY FOR Administrator
IN THE SUPERIOR COURT
OF THE COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS
In re Estate of GEORGE A. MANGLONA, Deceased.)
CIVIL ACTION NO. 97-1061
NOTICE OF SALE
NOTICE IS HEREBY GIVEN that, pursuant to an Order issued by the Court in this matter on March 11, 2009, I will sell, at public auction, to the highest bidder, on the terms and conditions set forth hereinbelow, all of the right, title, and interest of the Estate of George A. Manglona in and to the following property:
Legal description of the property:
(1) Lot 001 T 22, situated in Tinian, Northern Mariana Islands; and
(2) Lot 008 T 85, situated in Tinian, Northern Mariana Islands.
Total area of the property:
(1) Lot 001 T 22 contains an area of 1,448 square meters, more or less.
(2) Lot 008 T 85 contains an area of 901 square meters.
Known encumbrances:
(1) Lot 001 T 22 is a subject to outstanding mortgages, the balances due on which are negotiable.
(2) Lot 008 T 85 is a leasehold estate, which expires on July 21, 2047. No further rent is due.
Date, Time, and Place of Sale. The sale will be held on Friday, May 1, 2020, at the hour of 1:30 p.m. Copies of a title insurance report for the properties are available to any prospective bidder upon request.
Terms and Conditions of Sale. The Terms and Conditions of Sale may be obtained from the undersigned, either prior to or at the sale. These terms and conditions shall govern the conduct of the sale.
DATED, this 30th day of March, 2020:
/s/ MICHAEL A. WHITE, Auctioneer



USCIS offices preparing to reopen on June 4

U.S. Citizenship and Immigration Services is readying offices to reopen on or after June 4.

This comes after USCIS temporarily suspended in-person services at its field offices, asylum offices, and application support centers last March

18 to help slow the spread of coronavirus. Employees in these offices are continuing to perform mission-essential services that do not require face-to-face contact with the public while the offices are closed.

While offices are temporarily

closed, USCIS will continue to provide limited emergency in-person services. Call the USCIS Contact Center for assistance with emergency services.

USCIS field offices will send notices to applicants and

petitioners with scheduled appointments and naturalization ceremonies impacted by the extended temporary closure. USCIS asylum offices will send interview cancellation notices and automatically reschedule asylum interviews.

When the interview is rescheduled, asylum applicants will receive a new interview notice with the new time, date and location of the interview. When USCIS again resumes operations for in-person services, USCIS will automatically reschedule ASC appointments due to the temporary office closure. Individuals

will receive a new appointment letter in the mail. Those who had InfoPass or other appointments must reschedule through the USCIS Contact Center once field offices are open to the public again. Check to see if the respective office has been reopened before calling the Contact Center. **(PR)**

MEDICAL SUPPLIES

An Asia-Pacific Airline charter flight carrying medical supplies from Long Beach, California taxis to the parking area of the Francisco C. Ada/Saipan International Airport last April 20 to deliver materials needed to aid the CNMI in its fight against the spread of COVID-19.

CONTRIBUTED PHOTO



Air cargo handlers offload cargo from an Asia-Pacific Airline charter flight carrying medical supplies that include 25 ventilators and UV lights for infection control at the Francisco C. Ada/Saipan International Airport last April 20.

CONTRIBUTED PHOTO

Air cargo workers check the items received from Long Beach, California in order to start loading them onto a CTSI Logistics truck last April 20 at the Francisco C. Ada/Saipan International Airport last April 20.

CONTRIBUTED PHOTO

CHCC contact tracers in action

As part of ongoing efforts to break the transmission of coronavirus in the community, contact tracer teams from the Commonwealth Healthcare Corp. are doing field investigations to identify persons who have been potentially exposed to a COVID-19 case.

According to a statement from the Governor's COVID-19 Task Force and CHCC over the weekend, every COVID-19 case begins as a contact with another COVID-19 case. "Thus breaking the transmission is essential to not only controlling the spread of coronavirus, but also quickly identifying potential new cases to allow us to isolate them and prevent them from transmitting the virus onto others," the statement said.

"As is the case with community field work for follow up on persons suspected of active tuberculosis disease or dengue, COVID-19 contact training methods involve similar methods of teams interviewing the patient and identifying his/her contacts, evaluating their level of exposure, and determining follow-up actions.

"Data from these field investigations informs contact network analysis, which enable CHCC to make connections between cases and contacts. This analysis also allows us to identify connections not originally identified which may lead to additional exposed persons.

yellow triangle overlapping the circle represents a contact who, after being identified through contract tracing, is confirmed as a new case. Thus, there are four total cases identified in the graphic.

"In order for the CHCC CTTs to be successful in their effort to identify all possible exposed persons, it is vitally important that community members are forthright with CTT questions. Holding back information only delays our investigative efforts, potentially contributing to missed opportunities to break the transmission. As a security measure, we remind community members who may be questioned by our CTTs to request these staff to present their CHCC and COVID-19 Task Force identifications. The focus of CTTs questionnaire is to identify exposure connections to break the transmission of the virus (CTTs are not concerned with your ethnicity, citizenship, nor immigration status). CTTs are trained in all aspects of patient data confidentiality and privacy.

❑ Pick up food through drive-thru, take-out, or delivery options.

❑ Only one healthy adult from the household should run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

❑ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

❑ Create a household plan of action <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html>

❑ Ensure a 30-day supply of all medicines.

■ Continue good hand hygiene

❑ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

❑ Use an alcohol-based hand sanitizer if soap and water are not readily available.

■ Know the signs and symptoms of COVID-19 and what to do if you become symptomatic:

❑ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

❖ Choosing a room in your house that can be used to separate sick household members from others.

❖ Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

❖ Avoiding touching your eyes, nose, and mouth with unwashed hands.

❖ Limiting visitors

To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force hotline at 287-0046 This number is available Monday to Sunday 7am-7pm.

For medical information about COVID-19, reach out to the COVID-19 infoline at the following numbers: 285-1542/1672/1352/1854. These numbers are available Monday to Sunday, 7:30am-8pm.

For mental health support and helpful tips during a crisis call the Mental Health Support Line at 285-1856/1857 These numbers are available Monday to Friday, 7:30am-4:30pm.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out www.chcc.gov.mp or call (670) 234-8950. **(PR)**

CONTACT NETWORK ANALYSIS



LEGEND

- ▲ Case
- Contact
- Contact becomes a Case
- Documented exposure

Figure 1: Example of contact network analysis

This graphic depicts three cases (triangle/red), with identified contacts (circle/blue), and their exposure pathways. The



Figure 2: How contact tracing works

Stay at home, stop the spread

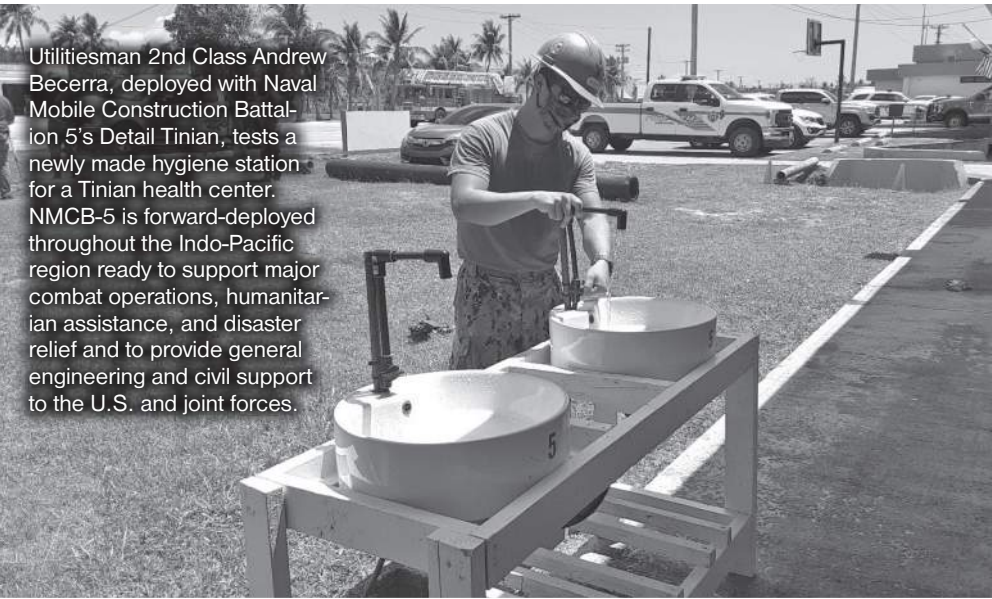
■ The Governor's COVID-19 Task Force and CHCC continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

❑ Stay home as much as possible. Avoid unnecessary travel or public places.

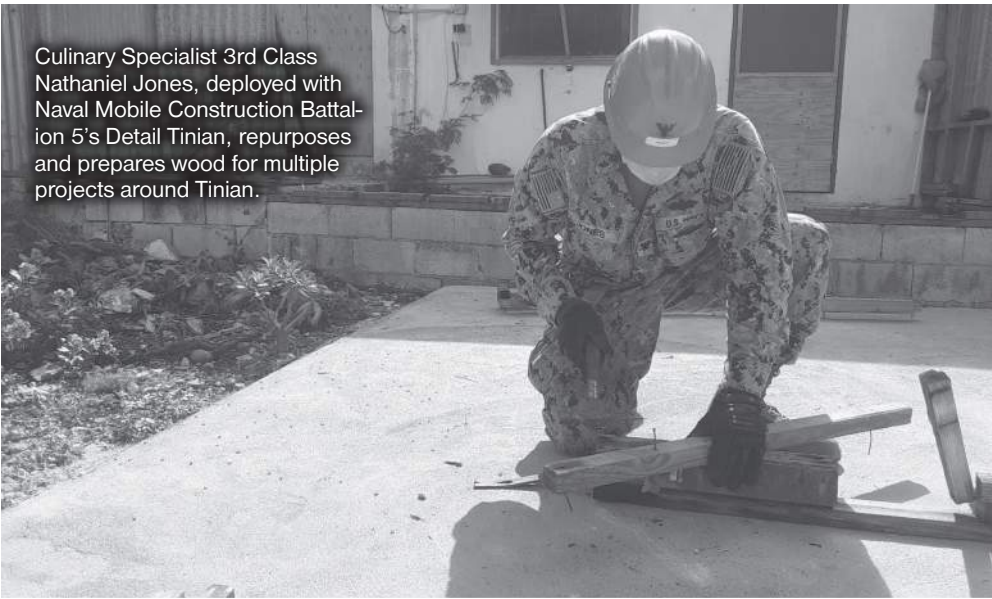
❑ Avoid social gatherings in groups of more than 10.

Seabees on Tinian

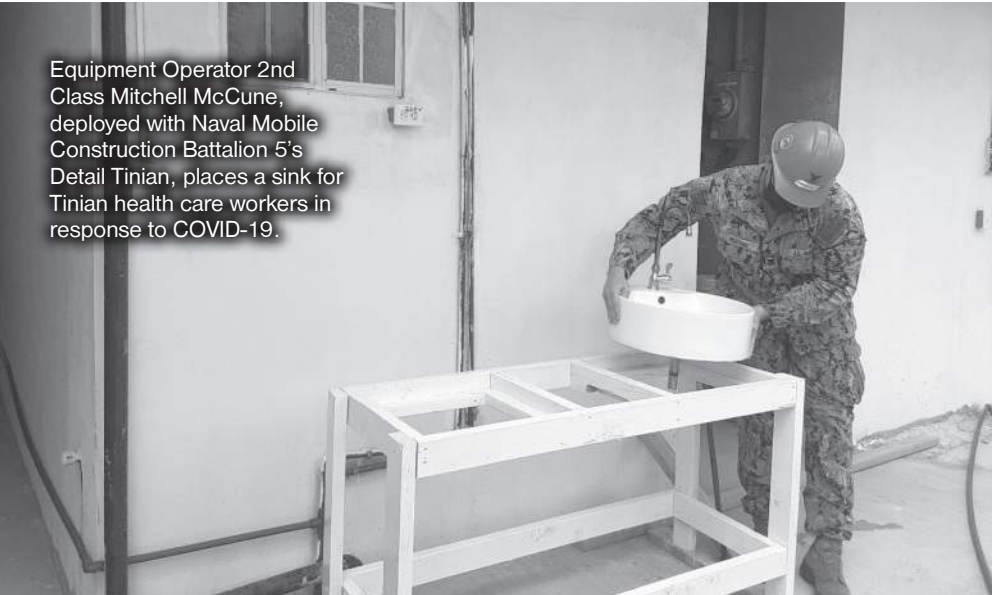
PHOTOS By U.S. NAVY/ENGINEERING AIDE 2ND CLASS YOHANES NUGUSE



Utilitiesman 2nd Class Andrew Becerra, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, tests a newly made hygiene station for a Tinian health center. NMCB-5 is forward-deployed throughout the Indo-Pacific region ready to support major combat operations, humanitarian assistance, and disaster relief and to provide general engineering and civil support to the U.S. and joint forces.



Culinary Specialist 3rd Class Nathaniel Jones, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, repurposes and prepares wood for multiple projects around Tinian.



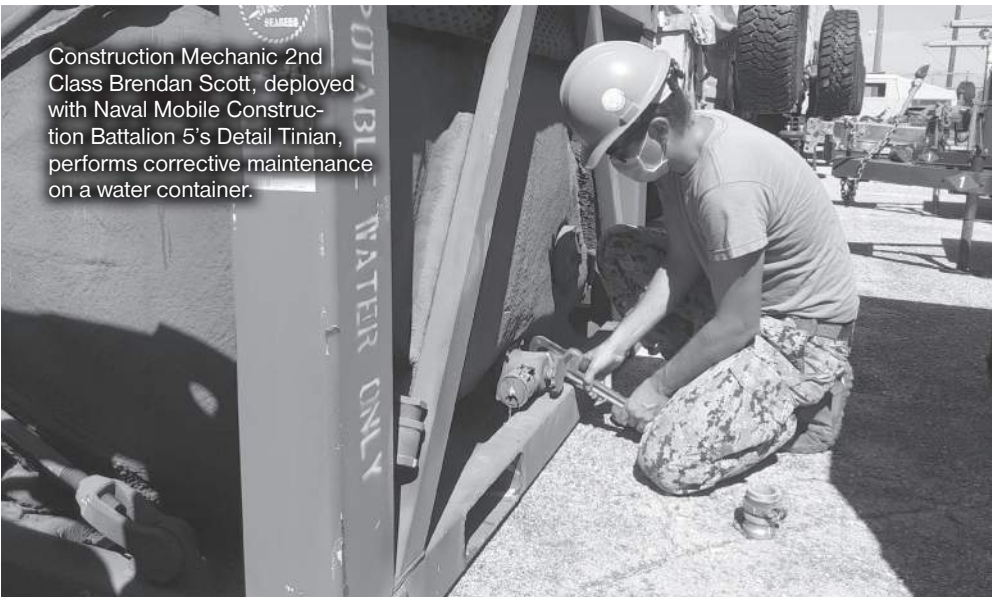
Equipment Operator 2nd Class Mitchell McCune, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, places a sink for Tinian health care workers in response to COVID-19.



Construction Mechanic 2nd Class Brendan Scott, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, builds a double sink frame for a Tinian health care facility.



Culinary Specialist 3rd Class Nathaniel Jones, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, performs a preoperational check on a water truck.



Construction Mechanic 2nd Class Brendan Scott, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, performs corrective maintenance on a water container.



Engineering Aide 3rd Class Hunter Sylvester, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, performs scheduled maintenance on an MK28C tractor.



Construction Mechanic 3rd Class Eric Larosh, deployed with Naval Mobile Construction Battalion 5's Detail Tinian, greases a tractor-trailer king pin to prevent any kind of damage due to friction.

Opinion

Hafa Adail

Saipan Tribune

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EDITORIAL

Five things learned from six weeks of lockdown

Back in March when America had open shopping malls and movie theaters and the opportunity to see them in person, the concept of staying home seemed not so onerous. (Aside from those of us who were clearly worried about toilet paper supplies). Spend more time with the family. Either get some time off the job or work in peace online. Maybe catch up on Netflix. That lasted maybe two days. Soon, members of our household realized that stay-in-place, however necessary to slow the spread of a contagion, could feel remarkably like home detention. The pandemic grew worse. Things got a little scarier. And we struggled to redefine our lives in the midst of a deadly COVID-19 outbreak and the economic morass that has followed.

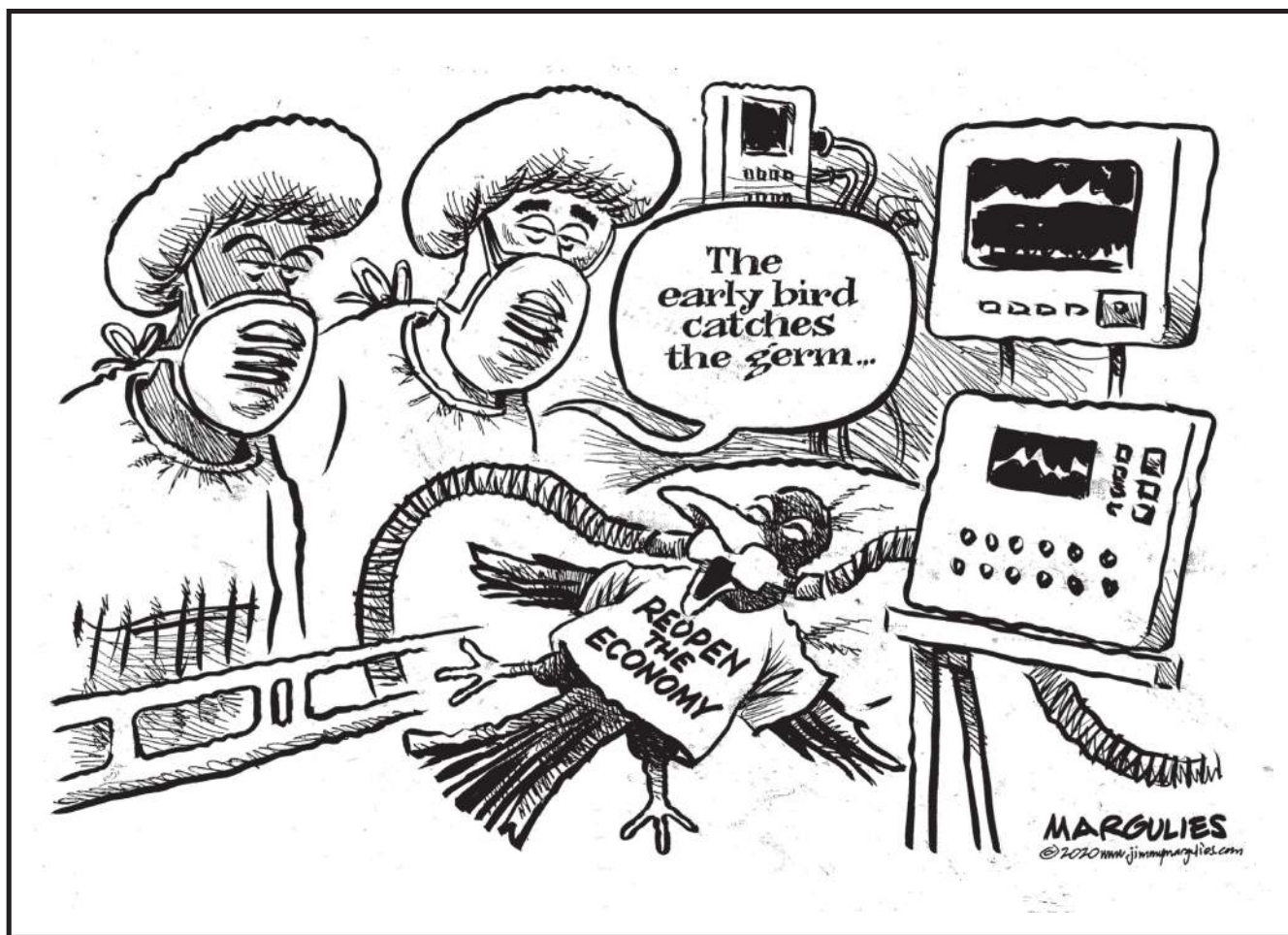
The Jensen family would like to report it's been all sunshine and roses and cartoon unicorns. It has not. But we have learned. And, after a month and a half of living this new reality, we have made some discoveries that can be passed down to future generations—assuming that stay-in-place orders are eventually lifted, there isn't a return to them later this year or next, a vaccine is eventually discovered and tested, and, well, you know the drill. Here are the top five:

1. Be kind. Hey, this doesn't come naturally to those of us who make a living writing opinions. But everything, and we mean everything, works better in a household that lives by this rule. And we are not just talking about being kind to those who live under the same roof, we try to be kind to neighbors, to colleagues, to those we encounter at the grocery store, to the postal carrier and on and on. Recently, we dispatched two cups of cake flour to a neighbor whose daughter wanted to recreate Berger cookies. The next day, samples of those cookies, chocolate frosting and all, were placed at our door.

Oh, we'll admit there are challenging moments, such as when a certain occupant of the White House takes to the podium in the evenings to suggest that the country needs tests or, on another occasion, that it doesn't need tests. Or when this same person claims coronavirus isn't going to be a problem in the U.S. and then insists he always said it would be. Or when this nameless individual speculates that scientists should be studying injecting disinfectants or a "powerful" light into the body. Anyway, happy thoughts, happy thoughts.

2. Don't claim to know something you don't. A lot of parents have found themselves at odds with their kids over school work. It hasn't been easy. Whether it's a lesson presented online or contained in a wad of papers, your children may have questions, perhaps simply how to run Zoom. The biggest mistake would be to pretend you remember high

See FIVE on Next Page



Who failed in the coronavirus response? A look at the timeline

On Dec. 31, the World Health Organization was notified by Chinese health authorities of patients showing up with pneumonia of unknown causes. Less than four months later, more than 2.5 million people in 185 countries have tested positive for COVID-19, the disease caused by the novel coronavirus that first emerged in Wuhan, China. More than 185,000 people have died worldwide—1 in 4 of them American.

President Donald Trump has blamed the WHO for "severely mismanaging and covering up" the threat emerging from China. Other countries have joined in the criticism. Japan's deputy prime minister suggested the WHO be renamed the China Health Organization for having been too deferential to Beijing. And Australia's prime minister has pushed for an outside review of the WHO's action in dealing with the COVID-19 outbreak and urged major reforms on the international body.

There is little doubt that the WHO was slow in responding to the danger represented by the emergence of a potentially new virus in China and that it was too willing to accept Beijing's statements of what was happening.

It should have known better. The same day Chinese authorities told the WHO about the new pneumonia cases, Taiwan, which Beijing had barred from membership in the organization, sent the WHO a note asking for more information about a SARS-like outbreak, implying that the cases might involve transmission between humans. The WHO did not reply. But that very day, Taiwan imposed border controls and quarantine measures to prevent the spread of the disease.

By mid-January, the likelihood of human-to-human transmission of the disease was becoming increasingly evident. In Geneva, a top WHO official noted that "limited" transmission between humans had taken place and warned hospitals to take measures to control the possible spread of the disease. Yet, that same day the WHO tweeted that "Chinese authorities have found no clear evidence of human-to-human transmission."

But the Chinese weren't being truthful, and by parroting its line the WHO delayed needed warnings and actions. Even after China revealed that human transmission was occurring, the WHO played down the need for action. It delayed announcing a global health emergency for a week, until the end of January, and even then it worried about not offending China. "The greatest enemy we face is not the virus itself," WHO Director General Tedros Adhanom Ghebreyesus told security officials in Munich in mid-February. "It's the stigma that turns us against each other."

By **IVO DAALDER**
Chicago Tribune

Ivo Daalder is the president of the Chicago Council on Global Affairs and a former U.S. ambassador to NATO.



But that underplayed the threat of the virus itself. Indeed, for weeks Tedros praised Chinese actions and downplayed the outbreak. On Feb. 3, he reported to the WHO's executive board that efforts to control the disease in the epicenter of Wuhan were working to slow the spread of the disease to other countries to a minimum. "If it's minimal and slow, what is going outside can also be controlled easily."

But China's efforts to lock down Wuhan had come too late. Millions had already left the city, many unwittingly taking the virus with them to wherever global air travel would take them. As we now know, even in late January it was already infecting people in other parts of Asia, in Europe and in the United States.

Tedros and the WHO were aware of that possibility, which is why, even as they expressed hope the virus could be contained, they pressed nations to prepare in case it wasn't. Throughout January, the WHO published materials on how to prepare for and respond to possible cases, including blueprints for diagnostic tests. On Feb. 3, it released a "Strategic Preparedness and Response Plan" to help countries deal with the outbreak. The plan argued that temporary restrictions of movements on people could provide time to implement preparedness measures.

Throughout February, the WHO was regularly warning that the window of opportunity to prevent the spread of the disease was "rapidly closing." Most countries failed to listen. That included the United States. Rather than relying on the WHO testing blueprint, the administration insisted on making its own, ultimately flawed, test. And rather than using the month of February, after it closed down most travel from China, to prepare for dealing with the outbreak, it insisted the travel ban itself would do the trick.

That failure was on the administration, not the World Health Organization.

The WHO has its shortcomings, not least that as an interna-

See WHO on Next Page

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Presidents and even the press can have an off day

Today we are spotlighting two significant revelations that somehow escaped proper attention during our struggle to survive the deadly pandemic that has enveloped our planet.

The first revelation was gleaned because we could electronically eavesdrop on Monday's phone call between Vice President Mike Pence and Maryland's Republican Gov. Larry Hogan, chair of the National Governors Association. It proved the Trump administration is finally doing more of what is needed to help states test for COVID-19. Just a couple of months too late.

The second revelation surfaced in yet another White House briefing room clash Wednesday. President Donald Trump vehemently complained that The Washington Post misquoted his director of the Centers for Disease Control and Prevention, in its story headlined: "Virus's second wave is likely to be even more devastating, CDC chief warns." (And we'll get to that, soon enough.)

Revelation One: On Monday, Pence and Hogan had one of those political phone calls where one of them wants to talk bluntly, but tries to be at least semi-politically correct. Because he knows the internet has ears. Hogan wasn't pleased that Pence's White House Coronavirus Task Force just made a show of giving him a long list of laboratory facilities in his state where Marylanders could get COVID-19 tests processed. But most were federal facilities that had already told Hogan's officials their facilities are off-limits to states.

"We're very familiar with the laboratories in our state ... We're in contact with every one of them," Hogan said, adding: "The majority ... are actually federal laboratories ... (and) military installations ... So you might want to go back and ... pull out the ones that we don't actually have access to."

But then came a dollop of good news: Dr. Deborah Birx, a famous face from Trump's task force, said they had talked with the Defense Department. Now, she said, "there is a willingness there if they can help support the states."

Too bad this became Trump policy on April 20. Too bad Team Trump wasn't taking charge and coordinating all national testing, in all 50 states, back on Feb. 20. Or even March 20. How many million more tests might have been conducted by now? How many thousands of lives might have been saved?

Now think deeper: Why didn't Trump-Pence establish a National COVID-19 Test Commission months ago to obtain and dispense testing kits in all states? Why didn't that board assign for each governor a top official test coordinator? Also: why are you reading that here today—and not hearing it from Trump in February (when he was in his panic-induced state of denial?)

Revelation Two: On Wednesday, Trump devoted humongous time to attacking The Washington Post for "misquoting" CDC Director Robert Redfield. Of course Trump also called it "fake news." But Trump doesn't want to understand an essential truth of our news business—it's really not different than any of his own myriad businesses: Sometimes people just make mistakes—even the best in the business.

Consider that you are a Post reporter or editor. The CDC director has just told your reporter this quote that became the second paragraph of Wednesday's Post article: "There's a possibility that the assault of that virus on our nation next winter will actually be even more difficult than the one we just went through."

Rewind. Remember: "... a possibility ... even more difficult ..." Would you then feel comfortable topping that with an opening

By **MARTIN SCHRAM**

Tribune News Service



Martin Schram, an op-ed columnist for Tribune News Service, is a veteran Washington journalist, author and TV documentary executive. Readers may send him email at martin.schram@gmail.com.

sentence reporting the CDC director as warning a second wave "will" (escalated from just a "possibility") be "far more dire" (escalated from even more difficult)? And a headline that then escalated the lead sentence's "dire" to "devastating?"

Of course not. Yet, for the next two news cycles, the talking heads only mucked it up more. They emphasized the Post got the director's quote right—with no mention that the Post then took that quote on a Trump-styled wild ride on the up-escalator. What we lacked were fact-finding journalists liberally acknowledging that this time Trump had a valid complaint—which he then fouled up (yet again) by accusing the Post of willful "fake news."

As I have occasionally observed before, The New York Times and Washington Post are great newspapers, but not always good ones. And Wednesday, my former paper, the Post, had one of its off days. Even presidents can be expected to have them now and then. But it usually doesn't become a great American problem—unless our incumbent panics and seems to be having his off days hourly. That could definitely make America grate again.

China and Russia are struggling under COVID-19, too

The COVID-19 pandemic has turned America's focus inward. U.S. politics is all about economic relief, public health and reopening plans. Normally such myopia would degrade America's standing in the world—but it's not, necessarily, in large part because many U.S. adversaries are struggling as well.

Speaking at a web briefing from the Hoover Institution in California on Thursday, President Donald Trump's second national security adviser, H.R. McMaster, ticked off the many dire challenges the virus is presenting U.S. rivals.

Russian President Vladimir Putin, McMaster predicted, will be blamed by his people and elites for the drop in world oil prices because of Russia's role in spiking production in February and March. Russia's public health system probably does not have the capacity to handle the number of infections the population is likely to suffer, he added.

In Iran, McMaster said, leaders will continue to face a serious legitimacy crisis. Before the pandemic, Iranians from across the country engaged in regular demonstrations and strikes against the regime and the broader corruption of elites. Then Iran's "servile relationship" with Beijing prevented it from cutting off travel from China as the virus was spreading, he said, supercharging

Iran's outbreak, among the world's most severe.

Meanwhile China has reported the first contraction of its economy in 28 years, acknowledging a staggering 6.8% decline in GDP in the first quarter of 2020. McMaster said this undermines the Communist Party's promise to its own population of an economic recovery. And Europe and America have already begun the work of decoupling their critical infrastructure and industries from China.

Smaller U.S. rivals such as Venezuela are suffering as well. With the price of oil at rock bottom, Nicolas Maduro's regime will soon run out of the revenues it needs to keep its elites in line.

Of course, as my Bloomberg Opinion colleague Hal Brands has observed, the usual competitions and rivalries of international relations continue.

Iran just completed a successful launch, from a mobile launch pad, of a satellite into space—a demonstration that it has mastered the technology of long-range missiles that can threaten the region and Europe. Iran's gunboats have stepped up harassment of U.S. naval vessels in the Persian Gulf, and the Iraqi militias Iran supports in Iraq have stepped up attacks on the U.S. and its allies.

A U.N. panel of experts concluded this month that North Ko-

By **ELI LAKE**

Bloomberg News



Eli Lake is a Bloomberg Opinion columnist covering national security and foreign policy. He was the senior national security correspondent for the Daily Beast and covered national security and intelligence for the Washington Times, the New York Sun and UPI.

rea's ballistic missile and nuclear program have continued to advance despite U.N. sanctions. China has launched a disinformation campaign falsely claiming the virus that was first detected in Wuhan province is actually a bioweapon developed in the U.S. Russian and Iranian propagandists have forwarded this lie as well, according to a report from the European Union.

In some ways these kinds of provocations are to be expected. Tyrants always need conflict with an external enemy to distract from their own misrule, and America has long played that role.

At the same time, McMaster said, a pandemic "weakens the hands of authoritarian leaders." Liberal democracies have an opportunity to change course in the middle of a crisis through elections, he said, and can assess such changes through free and open political debate. Authoritarians have no such safety valve. When citizens lose faith in their leader, the only recourse is revolution or coup.

This ability to adjust and change direction short of dramatic upheaval is one of the enduring strengths of liberal democracies. As bleak as things look now, it's a lesson worth remembering: Dictators look invincible—right up to the moment they're ousted.

WHO

From Page 8

tional organization its authority and funding comes from the nations that comprise it. Big nations, like China and the United States, hold disproportionate sway over its actions, as Beijing demonstrated.

Even so, the WHO plays a crucial role, especially as the pandemic spreads to countries with weak health systems, which is most countries around the world. They rely on the WHO for guidance and information, for testing kits and protective equipment, and ultimately for treatments and vaccines.

A global pandemic requires a global response. And the WHO is critical to its success.

FIVE

From Page 8

school calculus when you don't or even how to diagram a sentence when you can't quite recall the difference between a participle and a gerund. This rule applies to people who think the discovery that a virus reacts badly to sunlight, heat or disinfectant is groundbreaking stuff. They ought to leave that to medical professionals. (This was made especially clear by the medical professional living in our home who is prone to yelling at the TV set at exactly these moments at a pitch that alerts the deer grazing about a mile away).

3. Look out for others. It has been touching to see gifts left at the doorstep (like those cookies we received), people loaning out books and games to bored neighbors and stuffed animals peering out windows to entertain passersby. The local community bulletin board alerts us when a toilet paper roll shows up in a nearby market. Here's a gift we can present back to readers: Don't watch the evening coronavirus task force news conferences on television, unless you really, really have to watch them—or enjoy watching doctors cringe. (No, seriously, check out the video that captures Dr. Deborah Birx's facial expression when that dis-

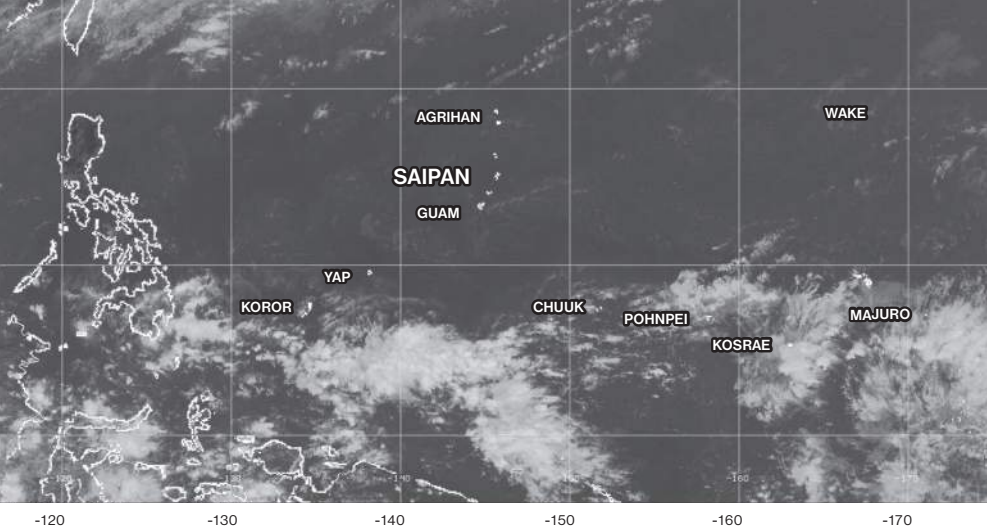
infectant idea was presented. Priceless).

4. Take care of yourself. Socially distanced neighborhood walks are essential. So is eating a balanced diet even when snacks are tempting. Taking a little mental health break is probably a good idea, too. Oh, and here's a tip: Don't eat the Lysol. Even the makers of disinfectants think ingesting their product is a bad idea.

5. Lastly, but perhaps most importantly, be grateful and appreciate the little things. Before the pandemic, how many of us really gave much thought to our own mortality? To life's purpose? To what we hold dear? It's easy to get wrapped up in distractions. Sometimes, a little change of pace is good for clearing out the cobwebs and sharing more time with your college student son, who, I can faithfully attest, is really, really sick of his parents. And, of course, we can all be glad that the individual we are not naming (because it might violate Lessons 1 and 4 and possibly 5) is not our personal physician prescribing hydroxychloroquine or maybe a flashlight "under the skin" because he's just tired of catching grief for a pandemic he hasn't handled especially well. Surely, we can all be glad about that.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Mostly cloudy in the morning then becoming partly cloudy. isolated showers. East winds 15 to 20 mph.		Partly cloudy with isolated light showers. East winds 10 to 20 mph.		Mostly cloudy with isolated showers.		Partly cloudy with isolated light showers.		Partly cloudy with isolated light showers.	
89°	77°	89°	77°	88°	77°	88°	77°	88°	77°
YESTERDAY'S SATELLITE IMAGE									



PICTURE TIME: 7:20 AM, SUNDAY, APRIL 26, 2020
Western North Pacific between equator and 25N from 130E to 180.

Satellite imagery shows a series of weak trade-wind disturbances across the region with yesterday’s disturbance well to the west, another just north of Saipan, and yet a third east of the Marianas, now approaching 150E. Buoys and altimetry data show seas of 5 to 7 feet around the area.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA			▲ ▼ °F
Guam and Rota	Partly Cloudy	88° / 78°	
Palau	Thunderstorms	87° / 80°	
Yap	Thunderstorms	87° / 79°	
Chuuk	Thunderstorms	86° / 80°	
Pohnpei	Thunderstorms	85° / 79°	
Kosrae	Thunderstorms	85° / 79°	
Majuro	Thunderstorms	85° / 81°	

DAY	SUNRISE	SUNSET
Today	5:55 AM	6:33 PM
Tuesday	5:55 AM	6:33 PM
Wednesday	5:54 AM	6:34 PM
Thursday	5:54 AM	6:34 PM
Friday	5:53 AM	6:34 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	8:48 AM	10:07 PM	-
Tuesday	9:38 AM	11:01 PM	-
Wednesday	10:32 AM	11:55 PM	-
Thursday	11:29 AM	-	-
Friday	-	12:48 AM	12:28 PM

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- Call 234-7272 (PARA) on any telephone
- *11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR

GOVERNMENT RESOURCE LISTING AS OF APRIL 16, 2020

Commonwealth Utilities Corporation

- Cashier & Customer Service**
Monday - Friday
8:00 AM - 1:00 PM
Tel: (670) 664-4282
Pay bills online at www.cucgov.org or via phone by calling toll free 1-(855)-729-2282

Department of Public Works

- Solid Waste Management Division**
 - Lower Base Transfer Station & Marpi Landfill**
Open all week except Wednesday
7:30 AM - 1:00 PM
Tel: (670) 322-2745

Department of Finance

- Division of Revenue & Taxation**
CASHIER ONLY
Monday - Friday
7:30 AM - 4:30 PM
Tel: (670) 664-1000
- Division of Customs Services**
 - Airport:** OPEN DAILY
8:00 AM - 5:00 PM
 - Seaport:** Monday - Friday
8:00 AM - 5:00 PM
 - Chalan Kanoa Post Office:**
Monday - Friday 7:30 AM - 4:30 PM
Saturday 7:30 AM - 11:30 AM

Department of Public Lands

- CASHIER ONLY
Monday - Thursday
9:00 AM - 11:00 AM
Tel: (670) 234-3751/52/53/54

Saipan Zoning Office

- Available via phone only
Monday - Thursday
7:30 AM - 11:30 AM
Tel: (670) 234-9661/2/3
Email: yubert.alepuyo@zoning.gov.mp
Call or email for more information

CNMI State Medicaid Agency

- Eligibility staff via phone only
Tuesday - Thursday from 8:00 AM - 12:00 PM
Tel: (670) 664-4880/4882
Accepting applications and supporting documents via drop-box at Medicaid Office. Medicaid application & renewal/redetermination forms must be original. Applications/forms available for pick up next to the drop-box or online at: www.medicaid.cnmi.mp

Office of Vocational Rehabilitation

- Available via phone or email only on Mondays, Wednesdays, & Fridays from 9:00 AM - 1:00 PM
Tel: (670) 322-6537/38
Email: maryann@ovrgov.net

Office of the Attorney General

- Civil & Criminal Divisions**
Monday - Friday
8:00 AM - 12:00 PM
Tel: (670) 237-7500/7600

Office of the Public Defender

- Monday - Friday
9:00 AM - 3:00 PM
Tel: (670) 234-6503

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR

GOVERNMENT RESOURCE LISTING AS OF APRIL 16, 2020

Department of Community and Cultural Affairs

- Low Income Home Energy Assistance Program (LIHEAP)**
Accepting Calls From Existing Customers Only
Tel: (670) 287-1475
- Division of Youth Services (DYS) On-Call**
Saipan: (670) 285-2780 / 287-2781 / 287-1773
Tinian: (670) 287-3268
Rota: (670) 287-2553
- Child Care and Development Fund (CCDF)**
For inquiries regarding parent eligibility requirements for CCDF Program:
Tel: (670) 783-8571 / (670) 783-8572
Email: dccajguerrero@gmail.com / ccdf.jrosario@gmail.com
- Commonwealth Council for Arts and Culture (CCAC)**
For Recovery Arts Grant Application Submissions. Grant Guidelines are available at <http://www.cnmiartscouncil.org>
Tel.: (670) 287-4585
Email: parkeryobei@gmail.com
- Historic Preservation Office (HPO)**
For Processing of Federal 106 Consultations Call
Tel: (670) 789-1986
Email: rchong.cnmihipo@gmail.com

Nutrition Assistance Program (NAP)
Benefit Pick Up: Monday - Friday
8:00 AM - 3:00 PM

Application Pick Up: Monday - Friday
8:00 AM - 6:00 PM

Application Submission:
Anytime via Drop-Box

Application Inquiries:
Tel: (670) 237-2801/2802

To download the NAP application and other forms go to dcca.gov.mp
Email: support@cnminap.gov.mp

Business



CONTRIBUTED PHOTO
Bitoy's Barbecue is located inside Sugar King Park.



CONTRIBUTED PHOTO
Bistro Marianas is located behind Bank of Guam in Chalan Piao.

By **MARK RABAGO**
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ASSOCIATE EDITOR

Bitoy's BBQ and Bistro Marianas open anew

Small business owner Reynaldo Faustino has reopened Bitoy's BBQ and Bistro Marianas after closing them due to the COVID-19 pandemic.

Aside from providing livelihood for his staff, Faustino said he reopened his two businesses so he could again serve the community, especially during these tough times.

"Now, more than ever, is the time for us to be proactive about dealing with the same difficult circumstances the whole world is put into. Creating small moments of happiness in our days will help elevate our mood and make us feel calm," he said.

Faustino said he was forced to temporarily shutter Bistro

Marianas, located behind Bank of Guam in Chalan Piao, and Bitoy's Barbecue, located inside Sugar King Park, last March 16 as an initial response to COVID-19 and the social distancing measures implemented by the local government.

"During the month of a total shutdown of our businesses, I made myself adequately informed about COVID-19 and its consequences. But then, I realized that nothing will move forward if we continue to wait," he said.

It also dawned on him that his employees also needed to go back to work to earn a living and have a normal life despite of the situation.



CONTRIBUTED PHOTO
Bistro Marianas currently offers three sets of platters available for take-out.

"The businesses themselves were just recently established and I need to find ways to make them stable and generate

income sufficient to continue their operations," he added. "We all have our own ways to fight the effect of this pandemic and at the same time, we keep ourselves responsible to avoid the spread of the virus on this island."

So with all precautions in place to keep his staff and customers as safe as possible from contracting COVID-19, Faustino reopened his twin businesses.

Like all restaurants and other food establishments on island, Bistro Marianas and Bitoy's BBQ's offerings are only available for take-out.

"We are also promoting our platters for only \$30 each set at Bistro Marianas. People might ask, 'why platters?' Because we believe that sharing good food with your loved ones brings happiness and creates powerful memories of how your family was able to bond despite the challenging circumstances," said Faustino.

For Bistro Marianas, three

sets are available for take-out: Set A comprises of tempura shrimp, chicken inasal, grilled squid, and fried rice; Set B is breaded shrimp, fish fillet, fried chicken, and garlic rice; and Set C includes chicken inasal, grilled squid, breaded pork, and titiyas.

Bistro Mariana is open from 10am to 2pm, Monday-Friday, with last call at 1pm. For orders, call 235-1944.

Items available at Bitoy's BBQ are its bestsellers roasted pork belly or liempo and roasted whole chicken. It also sells a variety of barbecue such as pork stick, chicken stick, pork ears, pork intestine (isaw), hotdog on a stick, and chicken leg quarters. Others in the menu are grilled tilapia, grilled milkfish, and grilled squid that are stuffed with fresh tomatoes, onions, and other spices.

Bitoy's BBQ is open daily from 12pm to 8pm. For orders, call 286-2370.

Economist's warnings on inequality draw attention with virus

BALTIMORE (AP)—Against all odds, Thomas Piketty pocketed a small fortune from the publication of a weighty book about the perils of economic inequality and the necessity of wealth taxes.

The money he earned from his 2014 international best-seller, "Capital in the Twenty-First Century," he says, only reinforced the French economist's discomfort with the concentration of wealth among a privileged few.

Piketty said he paid a 60% tax on his book earnings and spent only a fraction of it to upgrade his lifestyle. The rest he parked in a bank account—waiting, he says, for a political transformation that would lead France to impose a 90% wealth tax on highly affluent people like himself.

"I am already incredibly lucky," he said in a recent video-conference interview from his

elegantly white-walled Parisian apartment. "I have enough."

Piketty's research has helped define a debate about the consequences of concentrating so much money and property among so few. His warnings have arrived at a coincidental moment: The coronavirus has suddenly exposed, in real time, the human impact of the seemingly abstract data and charts his research produced.

Now, Piketty is out with a new book, a manifesto for political change called "Capital and Ideology" that was published last month in the United States. Tipping the scales at over 1,100 pages, it argues that any nation's degree of inequality derives directly from political decisions—decisions that can be reversed if governments have the will to do so. It precedes a virtual theatrical release coming Friday, on the

Kino Marquee platform, of a documentary film that was inspired by Piketty's previous book.

With stunning speed, the viral outbreak has inflicted disproportionate suffering on poorer communities. Even in affluent nations, a majority of households have become suddenly vulnerable as layoffs mount and savings are drained. All of that is intensifying political pressures as the disease increasingly exposes the scope of inequality from the United States to Italy to West Africa.

"This is a crisis that illustrates a virulent inequality," Piketty warns.

Delivery workers on bicycles around Paris, he notes, are risking their lives because they need money. Millions of migrant workers in India have been left homeless as that nation's businesses have shuttered.

Despite risks, auto workers step up to make medical gear

DETROIT (AP)—Cindy Parkhurst could have stayed home collecting most of her pay while the Ford plant where she normally works remains closed due to coronavirus fears.

Instead, she along with hundreds of workers at Ford, General Motors, Toyota and other companies has gone back to work to make face shields, surgical masks and ventilators in a wartime-like effort to stem shortages of protective gear and equipment.

"I didn't give it a second thought," said Parkhurst, 55, a tow motor driver who is now helping Ford and its partner 3M manufacture and ship respirators. "It's a neat thing to do for the community, for the first responders who definitely need this kind

of protective gear."

All over the country, blue-collar and salaried workers have raised their hands to make medical equipment as companies repurpose factories to answer calls for help from beleaguered nurses, doctors and paramedics who are treating patients with the highly contagious virus. Workers also are making soap and hand sanitizer, which early in the crisis were in short supply.

At Ford, over 800 people returned to work at four Detroit-area sites. General Motors, which President Donald Trump had alternately criticized and praised for its work, has about 400 at a now-closed transmission plant in suburban Detroit and an electronics factory in Kokomo, Indiana, working on shields and venti-

lators. About 60 Toyota workers, both salaried and blue-collar, are making protective equipment in Kentucky, Texas, Michigan and Alabama.

Most automakers in the U.S. temporarily stopped making vehicles about a month ago after workers complained about the risks of infection at the factories. Many white-collar workers are being paid to work remotely but members of the United Auto Workers who don't have that option are still collecting pay and unemployment benefits that equal about 95% of regular take-home wages.

Those workers making medical gear will get their full base pay, but that's not what's motivating them to keep coming to the factories. Many simply want to help.

Nation

Disinfectant riff is latest of many Trump science clashes

WASHINGTON (AP)—What President Donald Trump says and does often flies in the face of mainstream science. Coronavirus and the idea of injecting disinfectants is only the latest episode.

When a rare solar eclipse happened in 2017, astronomers and eye doctors repeatedly warned people not to stare directly at the sun without protection. Photos show Trump looked anyway. He later donned protective glasses.

For decades, scientists have called climate change a pressing issue, pointing to data, physics and chemistry. Trump regularly called it a hoax until recently. He also claims that noise from wind turbines—which he refers to as windmills—causes cancer, which is not accurate. He's also claimed that exercise will deplete the finite amount of energy a body has, while doctors tell people that exercise is critical to good health.

When Trump wanted to defend his warning that Alabama was threatened by Hurricane Dorian last year, he displayed an official weather map that had been altered with a marker to extend the danger areas. Alabama National Weather Service meteorologists were chastised by their agency chief when they issued tweets to reassure worried residents that they were not in the path of the hurricane.

On Thursday, Trump raised the idea of injections of disinfectant to fight the coronavirus, which health officials warned would be dangerous.

"I just can't do this." Harried parents forgo home school

Frustration is mounting as more families across the U.S. enter their second or even third week of distance learning—and some overwhelmed parents say it will be their last.

Amid the barrage of learning apps, video meet-ups and e-mailed assignments that pass as pandemic home school, some frustrated and exhausted parents are choosing to disconnect entirely for the rest of the academic year. Others are cramming all their children's school work into the weekend or taking days off work to help their kids with a week's worth of assignments in one day.

"We tried to make it work the first week. We put together a schedule, and what we found is that forcing a child who is that young into a fake teaching situation is really, really hard," said Alexandra Nicholson, whose son is in kindergarten in a town outside Boston.



In this Aug. 21, 2017, file photo, President Donald Trump points to the sun as he arrives to view the solar eclipse at the White House in Washington.

The president later claimed he was being sarcastic, although the transcript of his remarks suggests otherwise. Trump also suggested ultraviolet light, even internal light, could be a possible preventative measure, contrary to scientific advice.

On Friday, as the recorded U.S. death toll passed the 50,000 mark, the Food and Drug Administration issued an alert about the dangers of using a malaria drug that Trump has repeatedly promoted for coronavirus patients.

Asked what kind of grade he'd give Trump on science, M. Granger Morgan, a Carnegie Mellon University engineering and policy professor who has advised Democratic and Republican administrations, answered with a quick "F."

"When he starts to air things like that (injection), it's definitely a danger to the public because some people might actually do that," said Nobel Prize-winning physicist Steven Chu, who was energy secretary in the Obama admin-

istration. "This isn't science. This is something else."

"Our president certainly has high confidence in his beliefs," said Chu, chairman of the board of the American Association for the Advancement of Science, the world's largest general scientific society. "Scientists always test their beliefs all the time. That's part of the fabric of science."

Trump seems to put science, medicine and controlled studies on equal footing with rumor and anecdotes, said Sudip Parikh, a biochemist

who is chief executive officer of AAAS.

Mixing those two up when talking to the public is "terrible for communication," Parikh said. It muddles and confuses the public, he said.

White House spokesman Judd Deere said "any suggestion that the president does not value scientific data or the important work of scientists throughout his time in office is patently false." Deere pointed to "data-driven" decisions on the virus, such as limiting travel from highly infected

areas, expediting vaccine development and issuing social distancing guidance to slow the spread of the virus.

Deere pointed to Trump saying on Thursday, "My administration has partnered with leading technology companies and scientific journals to create a database of 52,000 scholarly articles on the virus that can be analyzed by artificial intelligence."

Presidents of both parties often put politics before science, and Trump is not unusual there, Morgan said. But this administration has regularly contradicted science and doctors.

"We've seen daily statements that run counter to reality, and science is about physical reality," Morgan said. "Science matters."

Both Morgan and Chu said Thursday's ultraviolet and disinfectant comments could end up hurting people who don't listen to doctors. They pointed to a case in Arizona where a couple misinterpreted Trump's promotion of the malaria drug and wrongly used related chemicals; one of them died. Friday's FDA warning was issued because of reports of dangerous side effects and deaths from the use of the malaria drugs in test treatments.

Gretchen Goldman, research director for the Union of Concerned Scientists' Center for Science and Democracy, said the actions of Trump and his administration "have ignored science, censored science, manipulated science across agencies."

In Trump's shadow, Congress-at-home eyes reboot during virus

WASHINGTON (AP)—They long for what's being lost: the ability to publicly question officials at committee hearings, to chat across the aisle, to speak from the House and Senate floor for all of America, and history, to hear.

Congress wants its voice back.

With no real plan to reopen Capitol Hill any time soon, the coronavirus shutdown poses an existential crisis that's pushing Congress ever so reluctantly toward the 21st century option of remote legislating from home.

"It's the ability to be an equal branch of government," said Rep. Katie Porter, a freshman Democrat from California.

Divisions are fierce, but so too is the sense of what is being lost. Every day lawmakers shelter at home, their public role is being visibly diminished. While they are approv-

ing record sums of virus aid, they are ceding authority to oversee the effort and tackle next steps.

It's an imbalance of power for all to see: President Donald Trump's daily public briefings without a robust response from Capitol Hill, though there have been discussions within the White House about changing the format of the briefings to curtail his role.

"This is a time where oversight is really important," said Rep. Derek Kilmer, D-Wash., a leader of the moderate New Democrats caucus.

The pandemic "begs for Congress's engagement, virtual or otherwise," he said.

Changing the rules to allow lawmakers to cast votes or hold hearings from home would be unprecedented in House and Senate history. The Constitution requires lawmakers be "present" for most action.

The simmering debate cuts across political fault lines. Some lawmakers want to stick with tradition; others are tech-savvy and ready for change. A vocal band of conservatives insists Congress must reopen now, despite public health warnings, echoing Trump's push to end the shutdown. Others have no interest in returning to the crowded Capitol complex until it's safe.

House Speaker Nancy Pelosi, D-Calif., shelved a proposal for proxy voting this past week after Republicans objected. Once resistant to what she called "Congress by Zoom" meeting, she tapped a bipartisan task force to present fresh ideas.

In the Senate, Majority Leader Mitch McConnell, R-Ky., rejected a GOP remote vote proposal. He expects Congress to return May 4, as planned.

World

Satellite imagery finds likely Kim train amid health rumors

SEOUL, South Korea (AP)—A train likely belonging to North Korean leader Kim Jong Un has been parked at his compound on the country's east coast since last week, satellite imagery showed, amid speculation about his health that has been caused, in part, by a long period out of the public eye.

The satellite photos released by 38 North, a website specializing in North Korea studies, don't say anything about Kim's potential health problems, and they echo South Korean government intelligence that Kim is staying outside of the capital, Pyongyang. Seoul has also repeatedly indicated that there have been no unusual signs that could indicate health problems for Kim.

That hasn't stopped growing unconfirmed rumors and media reports about Kim's health that have emerged since he missed an April 15 commemoration of the 108th birthday of his grandfather, North Korea founder Kim Il Sung.

Kim Jong Un is the third generation of his family to rule

North Korea, and he hadn't missed the April 15 event, one of the year's most important for the North, since assuming power after his father Kim Jong Il's death in late 2011.

Kim's health is of crucial importance because of worries that the serious illness or death of a leader venerated with near godlike passion by millions of North Koreans could cause instability in the impoverished, nuclear-armed country.

Many experts in South Korea downplayed speculation that Kim is seriously ill. They also said North Korea won't likely face a serious immediate turmoil even if Kim is incapacitated or dies because someone else like his influential sister Kim Yoo Jong will quickly step in, though the prospect for the North's long-term political future would be unclear.

Kim Jong Un's train has been parked at the Leadership Railway Station servicing his Wonsan compound since at least April 21, the website 38 North said Saturday, citing an analysis of recent satellite photos of the area. The web-

site said that the approximately 250-meter (820-foot) -long train wasn't present on April 15 but was present on both April 21 and 23.

"The train's presence does not prove the whereabouts of the North Korean leader or indicate anything about his health, but it does lend weight to reports that Kim is staying

at an elite area on the country's eastern coast," it said.

The photos indicate the train arrived before April 21 and was still present on April 23, when it appeared to be repositioned for departure. However, there was no indication when that departure might take place, 38 North said.

North Korea exerts ex-

tremely tight control on information about its leadership, making it virtually impossible for outsiders to find out what's going on at those senior levels. Even South Korea's main spy agency has a mixed record on confirming developments in North Korea. When Kim Jong Il died in December 2011, for instance, few

outsiders knew it until it was reported by North Korea's state media two days later.

A U.S. official, speaking on condition of anonymity because he wasn't authorized to talk to the media, said the latest rumors about Kim's health had not changed the U.S. assessment of the information as "speculation."

Brazil becoming coronavirus hot spot as testing falters

RIO DE JANEIRO (AP)—Cases of the new coronavirus are overwhelming hospitals, morgues and cemeteries across Brazil as Latin America's largest nation veers closer to becoming one of the world's pandemic hot spots.

Medical officials in Rio de Janeiro and at least four other major cities have warned that their hospital systems are on the verge of collapse, or already too overwhelmed to take any more patients.

Health experts expect the number of infections in the country of 211 million people will be much higher than what has been reported

because of insufficient, delayed testing.

Meanwhile, President Jair Bolsonaro has shown no sign of wavering from his insistence that COVID-19 is a relatively minor disease and that broad social-distancing measures are not needed to stop it. He has said only Brazilians at high risk should be isolated.

In Manaus, the biggest city in the Amazon, officials said a cemetery has been forced to dig mass graves because there have been so many deaths. Workers have been burying 100 corpses a day — triple the pre-virus aver-

age of burials.

Ytalo Rodrigues, a 20-year-old driver for a funerary service provider in Manaus, said he had retrieved one body after another for more than 36 hours, without a break. There were so many deaths, his employer had to add a second hearse, Rodrigues said.

So far, the health ministry has confirmed nearly 53,000 COVID-19 cases and more than 3,600 deaths. By official counts, the country had its worst day yet on Thursday, with about 3,700 new cases and more than 400 deaths, and Friday was nearly as grim.

Experts warned that paltry testing means the true number of infections is far greater. And because it can take a long time for tests to be processed, the current numbers actually reflect deaths that happened one or two weeks ago, said Domingos Alves, adjunct professor of social medicine at the University of Sao Paulo, who is involved in the project.

"We are looking at a photo of the past," Alves said in an interview last week. "The number of cases in Brazil is, therefore, probably even greater than what we are predicting."

IN CELEBRATION OF HER NEW LIFE

†Carmen Matagolai Blas Pangelinan

APRIL 14, 1935 – APRIL 21, 2020

Carmen was a passionate educator for 40+ years throughout the CNMI Public and Private Schools, including the Northern Island of Alamagan. In her spare time, she enjoyed gardening and was an avid collector of rare exotic plants that flourished into a nursery. She will always be remembered as a hard-working, determined and such caring woman.

*The glory of gardening: hands in the dirt, head in the sun, heart with nature.
To nurture a garden is to feed not just the body, but the soul. — Linda Solegato*

Joyfully entered this world on April 14, 1935 and answered to our Creator's call to Paradise on April 21, 2020. As she entered the gates of Paradise, she was welcomed by her parents †Jose Torres Blas and †Maria Cruz Matagolai, joined by her siblings †Juan Matagolai Blas, †Basilio Matagolai Blas, †Domingo Matagolai Blas, and husband †Jose B. Pangelinan. Additionally welcomed by her parents-in-law †Antonio Manahane and †Isabel Basa Pangelinan, joined by her siblings-in-law and their spouses, †Miguel B./ †Estrella M. Pangelinan, †Antonia P./William "Mac" McAlister, †Thomas B. Pangelinan †Maria P./ †Sylvestre R. Kaipat. Carmen also now joins her daughter and son-in-law †Bernadita S. Pangelinan and †Paul F. Lee.

In her early life, Carmen was blessed and loved by her children and their families:

Lucia P. Aldan and Juan D.L.C. Aldan, and Children
Edward B. Pangelinan and Gina C. Sablan, and Children
George B. Pangelinan and Frances C. Mafnas, and Children
Bobbie P. Lee, and Children
Hellen P. and Robert S. Taitano, and Children
Melisa P. and Jose T. Litulumar, and Children
Catherine P. and Joseph S. Salas, and Children
Michael B. and Bertha C. Pangelinan, and Children
Pauline P. and William C. Camacho, and Children

Additionally survived and loved by her brothers and sisters in law,

Alejandra I. Blas and Children
Jesus B. Pangelinan and Children
Guadalupe T. Pangelinan and Children
Juan B. and Luna Z. Pangelinan and Children

Extended Family: Margie Lucas and Family
Pets: Phoebe and Blake Pangelinan

Carmen also was surrounded and blessed with numerous Grand Children, Great Grand Children, Nieces, Nephews and God Children.

Daily mass of intention is being offered at 7am via online at <https://www.facebook.com/dioceseofchalanakanoa>. The Funeral will be held on Wednesday, April 29, 2020. Services will be held at Nuestra Señora Dela Paz Memorial Chapel. Services will be closed casket. Please observe social distancing and facial covers / mask before entering. Limited to Eight (8) persons entry at a time. Visitation will be from 8:00 am to 10:00 am. Interment will follow at Mount Carmel Cemetery where she will be at a peaceful rest. Your cooperation and understanding is greatly appreciated.

Thank you for your prayers.

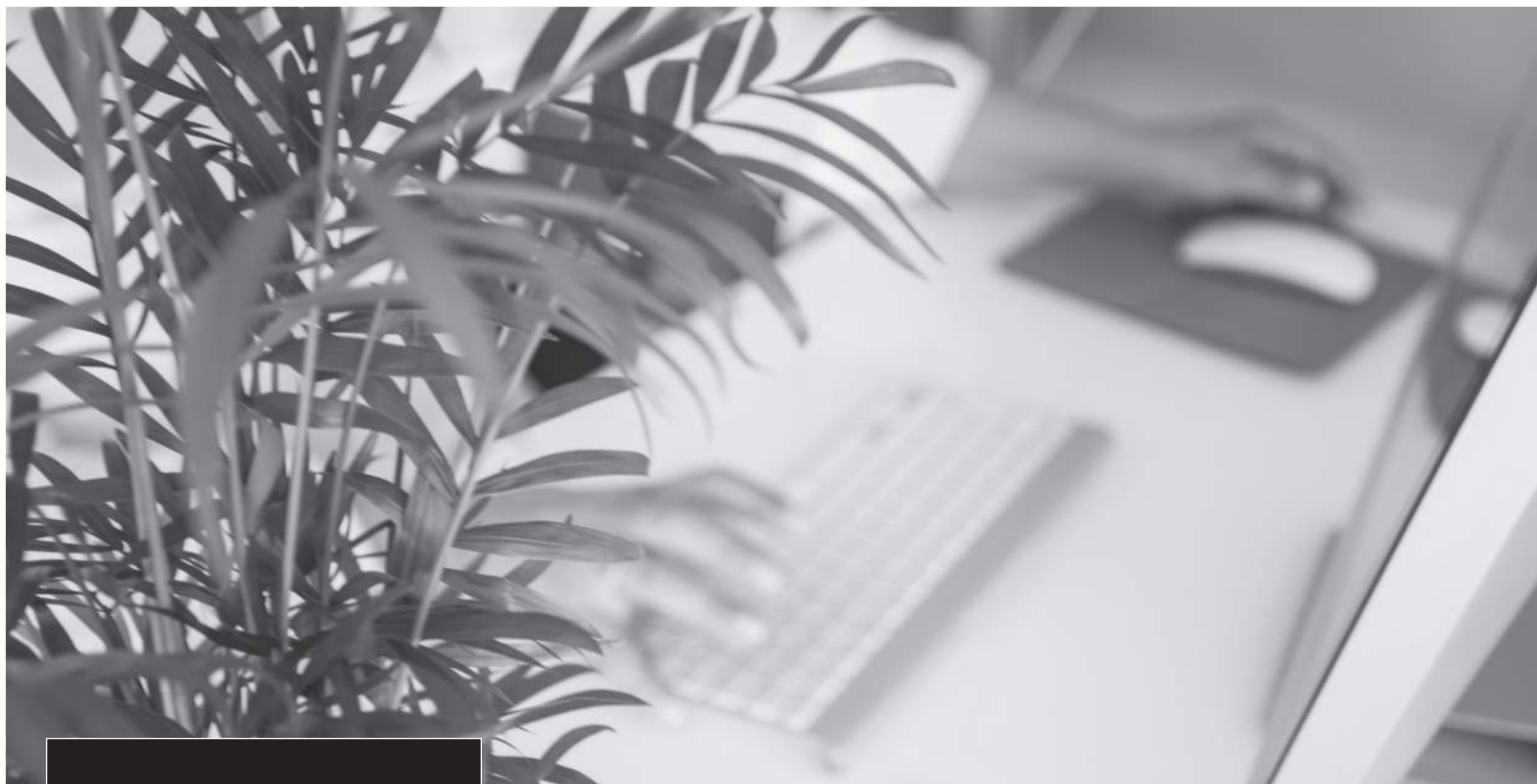
The Family

Health & Wellness

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Foundation



**MAYO CLINIC
Q&A**

Staying healthy while teleworking

DEAR MAYO CLINIC: With social distancing guidelines in place due to COVID-19, I've been working from home for a few weeks, and I can tell it's already taking a toll on my health. I feel more tired and less motivated to exercise and eat well, even though I have more time for both. What should I be focusing on to stay healthy while being stuck at home?

ANSWER: While staying at home during the COVID-19 pan-

demic is a crucial part of stopping the spread of the virus, it may disrupt many of your usual routines and make it harder to maintain healthy habits. But even when you're spending most of your time at home, there are still lots of ways you can weave wellness into your daily activities.

You mention that you're more tired than usual. That's not surprising during these days of uncertainty and stress. One key way to boost your energy is to get a good night's sleep. This period of time, when social

distancing is forcing many people to work from home, actually can be a good opportunity to make healthy sleep a priority.

Go to bed around the same time every night—close to the time you typically would when you're not working from home. Then allow yourself a full seven to nine hours of sleep, which is the amount most healthy adults need. Without the pressure of arriving at work at a specific time, and no commute to navigate, you may find that a later wake-up time and a slower start to

the day ease some of your stress and fatigue.

If falling asleep at night is a challenge because it's hard to shut off stressful or worrisome thoughts, try daily meditation. It doesn't have to be a formal practice. Meditation can be simply five to 10 minutes of intentional focus, during which you calm your mind and minimize random thoughts. There are many forms of meditation, but most share a quiet setting, a comfortable position, focused attention and an open attitude. Research has shown that, over time,

daily meditation can improve sleep, reduce stress and anxiety, and lessen fatigue. You may try searching online for "free meditation app" to see if there is a program that will work well for you.

Exercise is a crucial part of staying healthy, especially during stressful times. When you don't feel motivated, keep in mind that you don't need to do a full-body workout every day to reap the benefits of exercise. Get outside and take a walk or go for a bike ride—all while continuing to follow social distancing guidelines. Not only will you be physically active, but also you'll get a change of scenery from your home office, which can boost your mood.

Now also is a good time to mix up your exercise routine. If you have exercise equipment you haven't put to use for a while, dust it off and hop on. Many online and app-based exercise programs are offering free trials now, making it an opportune time to try something new.

Maintaining a healthy diet is always an important part of wellness, but even more so during the COVID-19 pandemic. With more time on your hands and fewer options to dine out, this could be a good chance to try some dietary changes that can make a difference in your overall health. Those changes don't have to be big, and they don't need to involve elaborate meal plans. For example, you might try eating more whole foods, incorporating a meatless meal into your routine once or twice a week, reducing your intake of processed foods, and eating more fruits and vegetables.

As you think about ways to stay healthy, keep in mind that the COVID-19 pandemic is changing quickly. Stay informed and get your information from reliable sources, such as the Centers for Disease Control and Prevention and Mayo Clinic. (*Mayo Clinic News Network/TNS*)

Elizabeth Cozine, M.D., Family Medicine, Mayo Clinic, Rochester, Minnesota

Trying to boost your immune system as coronavirus spreads? Here are tips from experts

By SIMONE JASPER
THE NEWS & OBSERVER (RALEIGH, N.C.)

Healthy immune systems can help ward off infections, health experts say.

As the coronavirus spreads across the United States, people may think about giving their bodies an extra boost.

Though no single measure is guaranteed to protect against COVID-19, some practices can help immune systems be strong, The New York Times reported.

Here are some to try at home.

Building a strong immune system can start at the dinner table, health experts say.

That's because a healthy gut is key in the fight against infections, according to Orlando Health.

Adults should eat about five daily servings of produce, each one being roughly the size of a piece of fruit, the hospital system wrote on its website.



This illustration shows widespread coronavirus infection in a city.

Doctors recommend eating spinach, mushrooms, strawberries and other foods packed with nutrients, such as vitamins A, C and D, according to CNBC.

The coronavirus has left some store shelves bare and restaurants

with limited service.

But eating a healthy diet is important for people in self-quarantine, meaning they are away from others after possible exposure to the disease, according to the World Health Organization.

"Limited access to fresh foods may lead to an increased consumption of highly processed foods, which tend to be high in fats, sugars and salt," WHO said. "Such changes in eating behavior could have a negative effect on the immune system."

Other tips to help your immune system

Getting enough sleep is another step toward a bolstered immune system, according to AARP.

"Your immune system is like your computer—it needs moments of rest so it doesn't become overheated," Dr. Mark Moyad of the University of Michigan Medical Center told the organization. "Sleep reboots the system."

Adults should sleep at least seven hours each night, according to the Centers for Disease Control and Prevention.

While awake, limiting stress is also an important way to boost the immune system, The New York Times and other websites reported.

During the coronavirus pandemic, the CDC recommends people who are stressed take breaks from news about the virus, make healthy choices and talk to others they trust.

Another immune system boost can come from exercising, according to AARP. Health experts recommend working out in 30-minute sessions for five days a week.

Though gyms have closed to help slow the spread of the coronavirus, stay-at-home orders have allowed people to stay fit in outdoor spaces.

People with conditions that compromise their immune systems are at higher risk of getting seriously sick from the disease. Some of those conditions include receiving cancer treatments or getting organ transplants, according to the CDC.

Life & Style



AP
This image released by Apple TV Plus shows Chris Evans, from left, Jaeden Martell and Michelle Dockery in a scene from "Defending Jacob."

New show 'Defending Jacob' is a homecoming for Chris Evans

NEW YORK (AP) —Chris Evans' latest TV project had a nice lure built in—he was able

to stay close to his Boston-area home.

"I got to sleep in my own

bed and see my family on the weekends. And it felt really, for a little while, like I had a regular 9-to-5 job," the actor said. "That's tough to beat."

Evans stars in the eight-part Apple TV Plus drama series "Defending Jacob," which is

set in the Boston suburbs. The "Captain America" star got to lean into his natural accent and visit spots he knew growing up.

But there was one part that was inauthentic: He didn't get to wear his own Red Sox cap during filming. "I offered to use mine, but mine didn't look as weathered. Mine was a bit new," he said, laughing.

Evans stars as an assistant district attorney in a Boston suburb whose 14-year-old son is accused of killing a classmate. He investigates the crime, risking his career as his marriage is shaken and both parents learn they really know little about the private life of their son.

The show raises questions about genetics, family secrets and trust. "Hopefully it's something that keeps you thinking well after it's over," Evans said.

British actress Michelle Dockery stars as the teen's mother. The "Downton Abbey" veteran said she was at-

A 'Phantom of the Opera' contest seeks singer with style

NEW YORK (AP)—Andrew Lloyd Webber has launched a virtual competition that could lead to one fan singing on Broadway or the West End when musicals resume playing.

The composer has invited singers to make up their own little vocal showcase at the end of the song "Think of Me" sung by the character Christine Daaé from "The Phantom of the Opera." There's a little 13-second pocket—called a cadenza—where freestyle vocal gymnastics are encouraged.

The winning contestant will be introduced onstage by Lloyd Webber at either the home of "The Phantom of the Opera" on Broadway or London—whichever opens first—and sing after the performance.

"I just thought, 'Wouldn't

it be fun to find a cadenza that we could do when finally we reopen in 2047,'" he joked during an interview with The Associated Press. "Everybody is needing something to lift the spirits at the moment."

Lloyd Webber has tapped talk show host Graham Norton and singer Sierra Boggess, who played Christine in a number of productions of "The Phantom of the Opera," to help him judge the entries, which have come in over Twitter, Facebook and Instagram. He said he's been impressed by all of them.

"Some of them are very funny. Some of them are very good. And one or two of the girls who sent in things, I think we ought to actually see, because I think they could just possibly be Christines," he said. "It's delightful."

Meghan's lawsuit against British tabloid has court hearing

LONDON (AP)—A British newspaper publisher fought back against the Duchess of Sussex at a court hearing Friday, rejecting allegations that it deliberately stoked a dispute between Meghan and her father and asking for the claim to be struck from her lawsuit against the company.

The preliminary hearing at Britain's High Court was the first stage of Meghan's legal action against the Mail on Sunday and its parent company, Associated Newspapers, for publishing what she describes as a "private and con-

fidential" letter to her father in August 2018.

Excerpts from the letter she wrote appeared in the newspaper and online six months later. Meghan's civil lawsuit accuses Associated Newspapers of copyright infringement, misuse of private information and violating the U.K.'s data protection law.

The company denies legal wrong-doing, and its lawyers argued that the specific claims of "dishonesty and malicious intent" should not be part of the case.

Meghan and her husband,

Prince Harry, were expected to listen in to the part of the hearing argued by her lawyers.

The duchess's lawyer, David Sherborne, said during Friday's hearing that the publisher "disclosed to the whole world the detailed contents of a private letter of a daughter to her father."

Sherborne said Associated Newspapers had "harassed" Megan's father, Thomas Markle, manipulated him into giving interviews and taken other actions for the purpose of "stirring up" a dispute between Markle and his famous daughter.

Daughter planning her family wants to keep parents close

DEAR ABBY: I love my parents. They are thoughtful, intelligent people who supported (even encouraged) me to attend a good school on the East Coast. I now live with my boyfriend in Connecticut, where my job is located. He's 23; I am 22. We would like to start a family within the next five years, but I worry that our children will never see their grandparents on my side.

I grew up with both sets of grandparents nearby. They contributed so much to my personhood and upbringing that being without them would likely have been a detriment. The idea of my parents being strangers to my kids makes me sad and anxious.

I feel so guilty already that I want to be proactive in this. Barring the slim possibility of them moving here from Chicago, how can I help them be active grandparents when the time comes? How can I help my kids love and appreciate my parents as much as I loved my own grandma and grandpa, despite the distance?

LONGING IN CONNECTICUT

DEAR LONGING: You may be getting ahead of yourself. Slow down. Take things one step at a time. Get married and start planning your family.

Many geographically separated families stay in contact by using video chat, but it's a poor substitute for actual human

contact and shared interests. Because this bothers you to the degree that it does, discuss it with your parents. Not knowing the state of their finances or the degree of their freedom to travel, it's hard to guess how involved they may be with your children. However, if you, your boyfriend and they put your heads together, I'm sure you can arrive at a solution.

DEAR ABBY: I have been friends with "Skip" for a very long time. Our lives have taken us on very different paths. We have always disagreed about certain philosophical issues, but now the divide in our opinions is huge.

Skip makes statements and posts items on social media that, in my opinion, are outrageous. Some of them appear to be merely contrarian. Several other friends have commented about his posts.

I am concerned about Skip because of the extreme nature of his posts, and I think some friends are concerned, too. Skip and I live far away from each other. His family doesn't live near him, so contacting them probably won't help. I am concerned that what I am seeing is beyond a difference of opinion, but I don't know what, if anything, to do about it. Do you have any suggestions?

JUST POLITICS?

DEAR J.P.: If you are concerned about Skip's mental

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

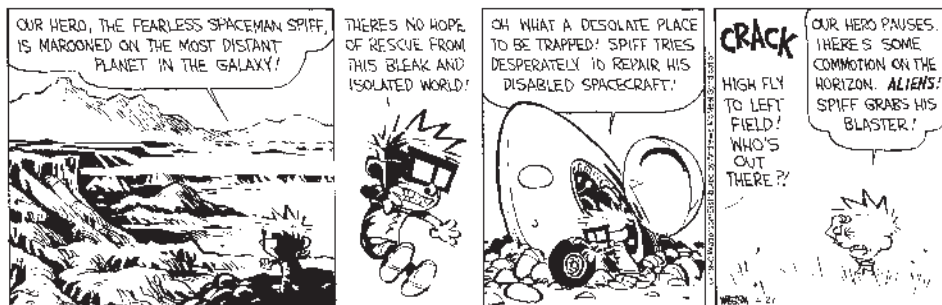
health, then regardless of his family's lack of geographic proximity, they should be told you are worried about him and why. If you are afraid he might engage in activity in which he could pose a danger to himself or others, notify the authorities. However, if this is simply a matter of being at opposite ends of the political spectrum, it may be time to snooze Skip's posts or block him entirely.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$16 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis



Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 Auctioneer's cry
5 Valentine's Day mo.
8 Streetcar
12 John of "Saturday Night Fever"
14 Fury
15 "Wonder Woman" publisher
16 "Understood"
17 Knock
18 Potpourri bag
20 Whale's home
23 iPhone voice
24 Chat
25 MRI alternatives
28 Three, in Rome
29 Marina sights
30 Tic-tac-toe win
32 Lots for mobile homes
34 Get bigger
35 Suffix for billion

DOWN

1 Norm (Abbr.)
36 Hopping mad
37 Gift giver's words
40 Mil.
41 On the rocks
42 Old IBM product knockoffs
47 The Mets' old home
48 Put on the air
49 Sacred
50 Salt source
51 Right on the map?

Solution time: 26 mins.

Last Friday's Answer 04/27

1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: William Moseley, 33; Jenna Coleman, 34; Patrick Stump, 36; Ari Graynor, 37.

Happy Birthday: Uncertainty should be a warning sign. The push and pull you will feel regarding a change and potential opportunities will save you from making a mistake. Haste makes waste, and doing your due diligence before you make a decision will be your saving grace. Personal growth is in the stars. Concentrate on looking, doing and being the best you can be. Your numbers are 6, 13, 20, 27, 38, 44, 47.

ARIES (March 21-April 19): Take action. Be part of the solution, not the problem, when working alongside others. Question excess, promote moderation and keep your life simple. Practice discipline and work hard. You'll find the balance and the money to reach your goal. ★★★★★

TAURUS (April 20-May 20): The responsibilities you take on will be demanding. Think twice before you let someone use you or take you for granted. Do only what you feel will help your situation. You cannot buy respect, but you can earn it. Do what's right. ★★★

GEMINI (May 21-June 20): Stay focused and shoot for the stars. There is money to be made and deals to put in place. Verify information, and negotiate on your behalf. Don't trust someone from your past who tries to reconnect. ★★★

CANCER (June 21-July 22): Emotions will surface if someone challenges you or you take on too much. Your memory will

serve you well if someone raises issues that are slightly off target. Don't be afraid to correct a mistake someone makes, but do so with kindness. ★★★★★

LEO (July 23-Aug. 22): Get involved, and be part of the positive change you want to happen in your community, workplace or organization. The people you meet while helping others will make you an offer that is worth considering. Romance is featured. ★★★★★

VIRGO (Aug. 23-Sept. 22): Evaluate your life, work and current location, and think about what you might like to change. An adjustment you make will change the way you want to live from day to day. Don't settle for less than what you want. ★★★★★

LIBRA (Sept. 23-Oct. 22): Size up whatever situation you face, and make a calculated move to offset whatever isn't going your way. If you hesitate, someone will take advantage of you. Be direct, contain your emotions and do what needs doing. ★★

SCORPIO (Oct. 23-Nov. 21): Resolve financial, legal or health issues before it's too late. Don't labor over an inevitable change that takes place. Collect old debts, or apply for a grant or loan that will help you invest in something that will improve your life. ★★★★★

SAGITTARIUS (Nov. 22-Dec. 21): You'll face opposition if you give someone too much information. Do your own thing, and don't worry about what others do or say. If someone toys with your emotions, be prepared to walk away. Focus on self-improvement and personal growth. ★★★

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Look over expenses, and cut corners. Don't buy into what someone is trying to sell you. The best changes you can make are to lower your overhead and simplify your life. Too much of anything will drag you down. ★★★

AQUARIUS (Jan. 20-Feb. 18): An honest assessment will help you come to the right conclusion. If change is what you want, go about it the right way. Don't act on an assumption; get the facts, and consider what's best for you. Personal change and romance are favored. ★★★★★

PISCES (Feb. 19-March 20): Take better care of your health, wealth and meaningful relationships. Emotional games won't help you resolve personal issues. An unexpected problem at home should be taken care of quickly if you want to maintain control. Live within your means. ★★

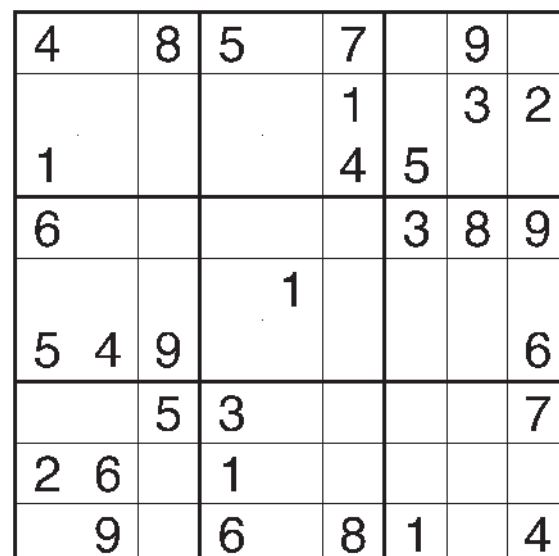
Birthday Baby: You are diligent, outspoken and unpredictable. You are aggressive and sensitive.

Visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku

By Dave Green



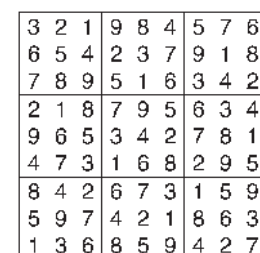
Difficulty Level ★

4/27

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer



Difficulty Level ★★★★★

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

BLUE ZONES DIET

Solution: 11 letters

O Y T I U R F E N N E L L U F
A T S W A L N U T B L C W U O
T I A A L S Q U A S H E I C O
M V F T I O B I T E T E H R D
E E K E O U B O N S H I N E E
A G A R E P F R A R C A E V M
L N E F V I U L P K A O H E U
A O R A I U A E L S N O C G G
S L B R L D L E E C I I T A E
H L M R O A A E H W P U I N L
E D I O K S D A E S S Q K A K
A E T T N S R E N N I D B G O
L K E A N D B U L G U R S O O
T A E H W E L O H W E H S A C
H B B B A R L E Y H C H I L I

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Almond, Baked, Barley, Beans, Beet, Bite, Breakfast, Bulgur, Cashew, Chard, Chickpeas, Chili, Cook, Dinner, Farro, Fennel, Food, Fruit, Full, Goat, Health, Herbal, Kale, Kitchen, Legume, Lentils, Longevity, Oatmeal, Olive Oil, Plant, Quinoa, Rice, Salad, Seeds, Soup, Spice, Spinach, Squash, Stew, Sweet Potato, Tofu, Vegan, Walnut, Water, Whole Wheat

Last Friday's Answer: California
To purchase WONDERWORD books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Bucs get solid help for Brady in draft



TAMPA, Fla. (AP)—If the Tampa Bay Buccaneers called it right, Tom Brady was a big winner in the NFL draft.

The Bucs bolstered protection for the six-time Super Bowl champion, acquired a ball-hawking safety to improve an ascending defense, and even added a couple of more playmakers to an already potent offense.

The team feels Iowa tackle Tristan Wirfs, Minnesota safety Antoine Winfield, Jr., Vanderbilt running back Ke'Shawn Vaughn and Minnesota receiver Tyler Johnson are capable of contributing as rookies on a roster with high expectations after signing Brady and trading for tight end Rob Gronkowski this offseason.

"I think one thing that stands out to me is each and every one of these guys love to play football. They're ballers," coach Bruce Arians said of a seven-player draft class that included four late-round picks on Saturday.

"They're going to go out, have fun. They're gym rats, and they're smart, aggressive-type players," Arians added. "When you have that type of draft, each and every guy brings a redeeming quality that's going to give him a chance to make it."

First-round pick Wirfs fills the need for a right tackle to shore up an offensive line that yielded 47 sacks in 2019.

Second-rounder Winfield is a versatile defender who lined up all over the secondary in college. Vaughn and Johnson are third- and fifth-rounders, respectively, who are eager to do whatever asked to earn supporting roles.



The Bucs are coming off a 7-9 finish and haven't made the playoffs since 2007, a 12-year hiatus that's the second-longest active drought in the league.

Bringing in Brady and adding Gronkowski to an offense featuring Pro Bowl receivers Mike Evans and Chris Godwin, as well as a pair of productive tight ends in O.J. Howard and Cameron Brate, has the Bucs thinking Super Bowl.

Arians welcomes heightened expectations.

"I love 'em. I embrace it. I want our guys to feel that we are a team to beat," the coach

said Saturday.

Chiefs wrap draft with eye on repeat title

In Kansas City, the Chiefs spent five frustrating decades trying to win a second Lombardi Trophy.

They plan to spend just one year winning a third.

That was the thought process behind general manager Brett Veach and coach Andy Reid deciding to retain almost every crucial player from last season's Super Bowl run. It left them with 20 of 22 starters on the roster heading into next

season, and in the enviable position of being able to supplement wherever was most helpful in the NFL draft.

In the first round, the Chiefs added to the vast array of weapons at the disposal of Super Bowl MVP Patrick Mahomes by drafting do-everything running back Clyde Edwards-Helaire out of LSU. They upgraded their speed and athleticism on the opposite side of the ball by selecting Mississippi State linebacker Willie Gay Jr. in Round 2, then selected TCU offensive tackle Lucas Niang in the third round

to provide immediate depth and a potential starter down the road.

"Obviously we worked, really five decades to do, to get back to the top, to be the best team in the NFL—to be the team that other teams and their fans aspire to be," Chiefs chairman Clark Hunt said Saturday. "And I think every player we add to the team, you really analyze that player in the context of what he brings to our championship squad."

The Chiefs tried to maximize their selections the first two days knowing they only

Iowa offensive lineman Tristan Wirfs (74) blocks Michigan defensive lineman Aidan Hutchinson (97) during the second half of an NCAA college football game in Ann Arbor, Mich., Saturday, Oct. 5, 2019.

had five scheduled picks. They wrapped up Saturday by choosing Louisiana Tech defensive back L'Jarius Sneed and Michigan defensive end Mike Danna.

Lock big winner in Broncos' infusion of speed

After declaring Drew Lock his starting QB this spring, John Elway used his cache of 10 picks in the NFL draft to score both targets and shields for his second-year passer.

Moreover, the Broncos GM injected some serious speed into an offense that averaged a piddling 17.6 points last season—and only 15.9 before Lock's five-game audition during which Denver averaged 21.4 points.

"We had to get some speed and we had to get some talent on that offensive side and some explosiveness," Elway said Saturday after adding fleet tight end Albert Okwuegunam, a teammate of Lock's at Missouri, and light-footed Florida wide receiver Tyrie Cleveland to the mix.

That followed Elway's selections of two of the fastest members of this deep class of wide receivers in first-rounder Jerry Jeudy of Alabama and Penn State speedster KJ Hamler in the second round.

With all this added firepower, the Broncos expect to both catch up to and keep up with the Super Bowl champions Chiefs.

Maybe the Southeastern Conference should simply hold onto its players and become part of the NFL.

The home of national champion LSU and perennial contenders Alabama, Georgia and Auburn, the SEC dominated the first four rounds of the NFL draft before the flow of talent slowed to a trickle. Or the conference finally began running out of top prospects.

The top four rounds are where the vast majority of pro starters are found. So beginning with LSU quarterback Joe Burrow, who went first overall to the Bengals, the SEC provided the mother lode. And by the time this virtual/remote/digital draft—make your own choice—was over, 63 players had come from its 14 teams—well, 13, because Ole Miss was ignored. LSU sent 14, tying the

Led by LSU, Alabama, SEC players dominate remote draft

most in a seven-round draft, followed by Alabama with nine. Not quite a record, because the SEC had 64 selectees a year ago. But this grab bag was further proof of its place atop college football.

"I think it's really easy to see NFL players when you watch as many players get drafted from the SEC and from that conference," Titans coach Mike Vrabel said after his team grabbed Georgia tackle Isaiah Wilson and LSU cornerback Kristian Fulton. "But there's great players in every conference. It's just you don't have to look too far to see them play against some really talented players."

The Lions noticed. They took Georgia running back D'Andre Swift and Kentucky guard Logan Stenberg.

"The SEC, I would argue, is one of the top one or two conferences in college football. I think a lot of people say it is the best conference," Detroit general manager Bob Quinn said. "The competition that's in that conference—from LSU to Alabama to Auburn to Georgia to all those schools—and some of the other teams have really, really good players. So the level of competition, they get the high recruits, they really do."

Nearly every NFL club will have an LSU Tiger or member of the Crimson Tide on its roster by next week.

As the third day of this unusual draft concluded, it became clear that concerns about communication problems cropping up were vastly overblown. Clunky at times, poignant at

others, and exceptionally entertaining in spots, the draft has done what Commissioner Roger Goodell hoped.

Sure, there were awkward moments, but those come even when the draft is a mega-event drawing hundreds of thousands of fans to the "Rocky Steps" in Philadelphia or lower Broadway in Nashville.

Goodell has insisted the sporting world needed the draft to be held on time. And the amount of eyeballs watching has been, well, an eye-opening number. Late in Saturday's final round, the league said it had gone over \$100 million in total funds raised in all its efforts to battle the coronavirus. The telethon accompanying the draft raised more than \$6.6 million for six organizations

involved in coronavirus relief.

NFL general managers also put together donations, initiated by the Eagles' Howie Roseman, with each giving at least \$8,000 for every selection in this draft.

The NFL matched every telethon donation on Friday and Saturday.

"We're forced to adapt here and change and do this differently, but it's actually been a lot of great learning," Goodell said. "We've seen some things that we've maybe called 'stumbled on' that really, I think, will be elements of drafts going into the future. The ability to use the virtual platforms in a way that we really didn't think about until we were forced to."

To open Saturday, Appalachian State had its second

player chosen, linebacker Akeem Davis-Gaither, who went to Cincinnati. The Sun Belt's defensive player of the year was a standout at the Senior Bowl—a game the Bengals coaching staff worked.

The Redskins dealt their unhappy veteran tackle Trent Williams to San Francisco on Saturday morning, and then chose LSU's Saadiq Charles, who has been plagued by off-field issues and served a six-game suspension.

The Niners, who later announced the retirement of longtime standout left tackle Joe Staley, sent a fifth-round pick in this year's draft and a 2021 third-rounder to acquire Williams. The deal reunites him with 49ers coach Kyle Shanahan, who was the offensive coordinator in Washington when Williams was drafted fourth overall in 2010.

NBA facilities will begin to reopen Friday



MIAMI (AP)—NBA players will be allowed to return to team training facilities starting Friday, provided that their local governments do not have a stay-at-home order prohibiting such movement still in place as part of the response to the coronavirus pandemic.

Any workouts that take place would be voluntary and be limited to individual sessions only, according to a person familiar with the league's decision. The person spoke to The Associated Press on Saturday on condition of anonymity because the directives from the league were not released publicly.

Group practices would not be allowed yet, and teams will not yet be permitted to organize in-person workouts.

But as certain states and municipalities began loosening restrictions on personal movement, the NBA decided it was time to let players return to their practice courts—if only on a limited basis. Georgia and Oklahoma are among the states that have allowed some businesses to reopen and some cities in Florida are expected to loosen their stay-at-home policies in the coming days, even though health officials are warning that such moves are being made too quickly.

For those teams in cities where stay-at-home orders still make such a return impossible, the NBA said it would work to find “alternative arrangements,” the person with knowledge of the matter said.

This move does not mean that a resumption of games is imminent. Still, the decision to let teams back into facilities is a significant step.

ESPN first reported details of the NBA's decision.

In the NHL, suspended at about the same point of the season as the NBA, Deputy Commissioner Bill Daly said league officials “haven’t made any decisions yet.” Daly said only the NHL owes players and teams guidance before April 30 and will consider its



In this Jan. 30, 2020 file photo, Los Angeles Lakers forward LeBron James, grips the ball during a practice in El Segundo, Calif.

next steps in that context.

Many NBA players have said they haven’t even had access to a basket since the league ordered teams to close their practice facilities on March 19. All-Star Jimmy Butler sent baskets to his Miami Heat teammates earlier this month, but some other players around the league said they haven’t even touched a basketball during the shutdown.

If they’re so inclined, that can now change. There remains no indicator about when a full-fledged return to organized team workouts will resume, however.

NBA Commissioner Adam Silver has said on several occasions that the league does not anticipate being able to decide until sometime in May -- at the earliest -- if a resumption of the season is possible.

The NBA suspended the

season March 11. It ordered teams to shutter their facilities eight days later, saying at the time it was doing so “in light of the rapidly-developing coronavirus situation, and consistent with evolving advice from health experts regarding how to promote individual and public health while minimizing the spread of the virus.”

Johns Hopkins University, which tracks the numbers of those affected or killed by the virus based off official government figures, said the COVID-19 worldwide death toll surpassed 200,000 on Saturday. And the World Health Organization said “there is currently no evidence” that people who have recovered from the virus cannot fall sick again.

Warriors-Lakers real rivalry

Don Nelson was the coach.

His starting five for Game 1 featured two-thirds of the Run-TMC trio, Tim Hardaway and Mitch Richmond, joined by forwards Rod Higgins and Mario Elie and center Jim Peterson. Chris Mullin sat out with knee soreness.

The Warriors lost by 10 but bounced back behind Mullin to win Game 2, tying the series. Mullin had 41 points, Hardaway 28, Richmond 22.

That was the Warriors’ only slice of success in the series. They lost Games 3 and 4 in Oakland, then went back on the road and lost Game 5 at The Forum.

Warriors-Lakers, Western Conference semifinals in 1991 was the seventh time since the Warriors moved to the Bay Area in 1962 that the teams met in the postseason.

It also was the last time, mostly because the Warriors

spent of the next 22 seasons holding themselves hostage to their own dysfunction. And when they began to rise, the Lakers fell.

That’s about to change. These two teams are about to become more familiar in the least friendly of ways.

Barring catastrophic injury on one side or the other, there is a reasonable chance of getting Warriors-Lakers in the 2021 playoffs and, finally, providing at least the beginnings of a rivalry we’ve always wanted but never really had.

“That would be most glamorous matchup the NBA could hope for,” said Mychal Thompson, the Lakers radio analyst who also happens to be the father of Warriors star Klay Thompson. “Look, the Clippers are good. The Bucks are fun. A few other teams have great players and

personalities.

“But when you talk about the Splash Brothers, the attraction of the Golden State Warriors and their recent history, going against LeBron (James) and the Lakers, that is a Western Conference Finals dream matchup.”

The Lakers should be at least as good as they were in 2019-20, when their 49-14 record had them atop the conference when play was suspended on March 11. LeBron was dodging Father Time and Anthony Davis was staking a persuasive claim to be the best sidekick in the league.

The Warriors, their “gap year” behind them, should be a lock to return to the playoffs. A top-four seed is conceivable.

The Bay Area and Los Angeles are natural geographic rivals, with the Giants and Dodgers despising each other since both moved to California in the late 1950s. The Rams and 49ers traded mean mugs until 1989, when the Niners took a 30-3 win in the NFC Championship game, followed by 17 consecutive wins over LA/St. Louis.

The NBA got in on the action in the early 2000s. Kings-Lakers was fierce and provocative and, the teams seeing each other in the playoffs three straight seasons. The Lakers won all three series, and Sacramento still is trying to recover.

The Lakers, in general, have owned the state. And in their last meeting with the Warriors, on Feb. 27, when LA fans took over Chase Center as their team rolled to a 116-86 rout, the tone in the building was reminiscent days long past.

“It was one-sided, but that’s to be expected when you have three Hall of Famers on the floor,” Thompson says, referring to former teammates Kareem Abdul-Jabbar, Magic Johnson and James Worthy. “The Warriors had quality players, guys like Sleepy Floyd and Purvis Short, but they couldn’t put it together.”

Woods, Mickelson to stage TV match with Brady, Manning



Tiger Woods and Phil Mickelson are ready for a made-for-TV rematch at a time when fans are craving live action.

And this time, they’ll have company.

Turner Sports says quarterbacks Tom Brady and Peyton Manning will join them for a

two-on-two match sometime in May. Missing from the announcement were such details as when and where the match would be played, except that tournament organizers would work with government and health officials to meet safety and health standards.

Turner said all donations and fundraising from “The Match: Champions for Charity” would benefit relief efforts

for the COVID-19 pandemic.

The event will be televised on TNT, with social and digital content leading up and during the event available through Bleacher Report and House of Highlights.

“It’s on now,” Mickelson tweeted Wednesday afternoon responding to Bleacher Report.

He added that he would be paired with Brady, saying:

“After feeling the sting of defeat the first time around, Looks like (at)TigerWoods is bringing a ringer to The Match ((hash)PeytonManning). I’m bringing a GOAT. (at)Tom-Brady—Ready to hit bombs?”

The first match over Thanksgiving weekend in November 2018 was supposed to be pay-per-view, except that technical difficulties allowed everyone to watch.

It lacked some of wild bets both players had teased, and the trash talking was forced at times. Mickelson ended up winning the \$9 million winner-take-all purse in a wedge contest under the lights when the matched ended in a tie.

Live golf was last seen on television March 12, the first round of The Players Championship as developments with the new coronavirus accelerated at such a rate that sports began shutting down.

The PGA Tour first decided

not to have fans at the TPC Sawgrass, then canceled its premier event, and then began canceling or postponing all tournaments across each of its tours.

Woods was not at The Players. The defending Masters champion has not played since he finished last in his Genesis Invitational at Riviera on Feb. 16. Saying his back did not feel ready, Woods chose not to play the Mexico Championship, the Arnold Palmer Invitational and The Players Championship.

FIFA to give \$150M aid to members

Long duration cardio and detraining

Ask **DRE:**

By **DRE DELOS SANTOS**
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.



Whether you like it or not, there will always be disagreements. The disconnect surrounding this pandemic, however, is really disturbing perhaps more so than the virus itself.

You see, in my line of work, we (trainers) hotly debate all the time too on who and which method is the crème de la crème. And I'll level with you, we don't always see eye-to-eye.

In different contexts, some styles of training and dietary protocols will carry more weight than others, but what became very clear to me early on is you have to keep an open mind. Narrowly focusing on one end-all be-all directive isn't going to cut it when there are so many nuances to consider. It's silly of me to even compare the two, but is it really too much to ask for a little more transparency and empathy?

Q: What's your stance on running? Pure cardio has been my workout for now.

A: If you enjoy it and you feel good, awesome. Carry on. It's not a misdemeanor. Although, what I will say is you should vary the type of aerobic activity to mitigate wear and tear because in my experience, far too many people suffer from chronic injuries when they attach themselves to only one way of doing things. If you've been running on the pathway, change it up by running on the sand or track. Do some hill sprints. Heck, walking at a brisk pace works wonders.

Q: Can't wait for this to be over. I have lost all my gains. How should I approach my workout when the gym opens up again?

A: There's strong data to support there's actually no losses in muscle and strength after a short lay off, but it's quite obvious we're way past that. With the effects of detraining mounting, unless you've been able to navigate around zero equipment and train with the same amount of effort, it's fair to say there will be some losses in muscle and

strength. The good news is, it'll come back fairly quickly. When gyms start to open, don't bite off more than you can chew. Slowly ramp up your effort.

Be active during COVID-19

Here are some physical activity ideas to help you stay in shape and active in your home.



- Climb up the stairs as much as you can. Think of it as an opportunity to be active.



- Use household chores as a way to be more physical active.



- Join in an online exercise class or make up your own routine to music you enjoy that uses the major muscle groups and raises your heart rate.



- Do some muscle strengthening activities such as lifting weights or improvise using full bottles of water or simply use your own body weight and do sets of press ups, sit ups and squats.



- Make time for fun, such as dancing to music.

Source: WHO
Graphic: Staff, TNS

SWITZERLAND—FIFA will release \$150 million in operational funds to help its member associations get through the coronavirus pandemic. Each team will receive \$500,000 to offset a portion of the economic loss caused by the pandemic, FIFA announced Friday.

FIFA president Gianni Infantino described the payment as the first step in a "far-reaching financial relief plan."

"The pandemic has caused unprecedented challenges for the entire football community and, as the world governing body, it is FIFA's duty to be there and support the ones that are facing acute needs," said Infantino. "This starts by providing immediate financial assistance to our member associations, many of which are experiencing severe financial distress."

"This is the first step of a far-reaching financial relief plan we are developing to respond to the emergency across the whole football community. Together with our stakeholders, we are assessing the losses and we are working on the most appropriate and effective tools to implement the other stages of this relief plan."

Member associations will receive \$500,000 and "any remaining entitlement for 2019 and 2020." FIFA intends for that money to be used to meet financial obligations or to pay staff.

Giants like Real Madrid aren't going to go under as a result of lost revenue. The biggest clubs in the sport have massive TV deals, and other ways to bring in money.

Other clubs aren't as lucky, as our own Henry Bushnell explained.

A lot of clubs—from the Swedish Allsvenskan to the Liga MX Femenil, from the Iraqi Premier League to the Honduran Liga Nacional—make most of their money on matchdays, thanks to tickets and concession sales and the like.



In this April 16 file photo, Monchengladbach Ghost games in Gladbach, Germany should never take place in front of an empty stadium. Therefore, fans can now buy plastic figures of themselves, which then sit or stand in the traditional places at the games.

For the foreseeable future, they won't have matchdays. Instead, they have grave problems.

Those are the clubs that stand to benefit most from FIFA's payment.

FIFA's payment will undoubtedly help some clubs, though it's fair to wonder whether FIFA is doing enough. While \$150 million is a big number, it's only a small percent of the \$2.7 billion FIFA



has in reserves. Given that FIFA's reserves shouldn't be impacted unless the 2022 World Cup is in danger of being canceled, the organization can afford to dip into those funds multiple times before it becomes an issue.

Infantino did say the \$500,000 payment was the "first step," so perhaps FIFA will allocate more of its reserves before the coronavirus pandemic is over.

Empty stadium: Not quite simple

It will soon be the new norm, a cold and often unnerving sight that soccer and many

other sports will have to get accustomed to over the coming months.

Games taking place in empty stadiums.

But will these stadiums actually be empty? Far from it.

"It's not about 22 players walking onto a pitch and (kicking) a ball about," FIFA vice president Victor Montagliani told The Associated Press, referring to what he called the "phased-in approach" that soccer—and society as a whole—will need to take to get back to normal following the coronavirus outbreak.

Some teams in Europe have experience in staging games without flag-waving and loudly cheering fans—be it while serving a punishment for crowd trouble or, as was the case in February and March, because of a rapidly spreading virus that turned into a pandemic.

Now, almost every club will be planning for such a scenario as soccer leagues start to ramp up preparations for

a resumption which will be staggered depending on how well countries have managed to contain the virus.

Of Europe's major leagues, Germany appears to be closest to lifting its suspension, with some state governors even hoping to resume games on May 9. The Bundesliga is planning to have a maximum of 213 people in the stadium—everyone from players to TV cameramen.

In Britain, which is in the peak of the virus outbreak, a return in late June is the possible—albeit optimistic—call from clubs in the Premier League. One leading club official spoke of the need for at least 300 people at matches.

In Sweden, where soccer authorities are planning for a June 14 restart, a venue official at champion Djurgarden told the AP that it would be possible to limit numbers to 50 if fans aren't allowed in stadiums. In Switzerland, leaked plans attained by daily newspaper Blick this week stated there should be no more than 200 essential staff at games.

FLASHBACK

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rest of the Jets defense hung on tight in the homestretch to win the division championship.

SUNJOON

From Page 20

challenges that I will face at Warner, and I am ready to beat those challenges and continue to improve and prove myself as a student and an athlete," the many-time CNMI National Team player said.

Warner Pacific competes in the Cascade Collegiate Conference against the Uni-

Meanwhile, several players of the Jets and the Braves made it to the CNMI Senior All-Star Team that year and the squad went on to top the Little League Asia Pacific-Middle East Re-

gional Tournament held in the Philippines after beating Guam in the finals, 8-6.

Incidentally, Camacho worked the mound for the CNMI bats in 4.3 innings

and United States Soccer Federation A license coach Troy Ready, who announced the signing of Tenorio and former Concordia University Nick Evans last weekend.

"Sunjoon is our first ever national team signee. His technical ability is first-class and he has a great feel for the game," Ready was quoted as saying in the Knights official athletics website.

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and got the two quick outs at the bottom of the last inning, while Nakamura closed out and recorded the last strikeout to help the Commonwealth advance to the World Series.

"We can't wait to see him continue to develop as a Warner Pacific Knight," the former Portland Timbers U23 coaching staff member added.

Tenorio is among the 11 new recruits of the Warner Pacific University and they will see action for the Knights in the Fall season. Warner Pacific finished last year's competition with an 8-7-2 win-loss-draw overall record and 5-6-2 in the conference.



Bucs get
solid help
for Brady
in draft

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NBA facilities
will begin to
reopen Friday

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SAIPAN TRIBUNE

New season, new team for Sunjoon

By ROSELYN B. MONROYO
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REPORTER

After leaving a mark in the NCAA in his rookie season, the CNMI's Sunjoon Tenorio is taking his acts to another collegiate competition after signing up with the Warner Pacific University.

Tenorio, who had an outstanding freshman year with Suffolk University in Boston, Massachusetts, is moving to Portland, Oregon to suit up for the WPU Knights in the National Association of Intercollegiate Athletics, a 251-member institution.

"It was a very tough decision for me to leave Suffolk University. I made unforgettable

memories there and met some friends that I will have for life. That being said, I made the decision based on what was better for me. I enjoyed my time at Suffolk and in Boston, but Warner Pacific felt like a better option," Tenorio said.

At Suffolk, Tenorio became the first Ram to have earned three straight Rookie



SUFFOLK UNIVERSITY
Sunjoon Tenorio, second left, dribbles in front of a Lesley University defender during their game in the Great Northeast Athletic Conference of the NCAA last year in Boston.

of the Week awards from the Great Northeast Athletic Conference. He was eventually named Team Rookie of the Year and Most Valuable Player after finishing the season with

a squad-high 10 goals and playing in 15 of the Rams' 16 matches (starter in 12 games).

"My decision came down to the opportunities, location, and scholarship that I will be

receiving there," the 19-year-old player said.

With his transfer, Tenorio is expecting to meet new obstacles, but with the things he learned from Suffolk, his team-

mates, and his coaches, he believes he is up to the tests.

"I am looking forward to the

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Flashback: From last to first

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER



On this day, six years ago, the Jets made it on top after a long trip, as they stunned the Braves, 5-3, in the Senior League division finals of the 2014 Saipan Little League Baseball at the Francisco "Tan Ko" Palacios Ballfield.

The Jets were the last team to reach the playoffs of the Senior League, as they finished fourth in the team standings after the regular season. The Jets then started their long journey to the championship with a 5-4 victory over the No. 3 seed Enforcers and followed it up with another upset against pennant champions Red Sox, 9-1, to advance to the finals against the No. 2 Braves.

In the title game, the underdogs Jets kept going and handed the Braves another bridesmaid finish, as pitcher Nathan Camacho towed the eventual



SAIPAN TRIBUNE

In this April 2014 file photo, Jets relief pitcher Kenji Yamagata rushes to pick up a bunt from the Braves' Frankie Lifofoi during the bottom of the sixth inning of their title game in the Senior League division of the 2014 Saipan Little League Baseball at the Francisco "Tan Ko" Palacios Ballfield.

champions to victory.

Camacho struck out 12 batters and gave up only one earned run in 5.1 innings before Kenji Yamagata took

over the mound. The starting pitcher managed to redeem himself from a shaky start that saw him allowing a double to A.J. Evangelista, who went on



SAIPAN TRIBUNE

The Jets huddle before returning to the field during their playoff game against the Red Sox in the Senior League division of the 2014 Saipan Little League Baseball.

to reach home and gave the Braves their first and only lead in the finals, as it was all Jets show after that.

The Jets got two runs off sac-

rifice flies, while Jesse Brel and Franko Nakamura each hit an RBI single, and Frankie Liza-

ma reached off a passed ball.

The Braves, as expected, attempted a comeback, but failed, as Camacho and the

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